

All Of It But Me

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Michael Metzger (USA) - April 2017
音乐: All of It But Me (feat. Anna F.) - The Young Professionals



Count In: 32 counts after vocals, when the beat starts – approximately 0:19

[1-8] Step, Touch, Step, Touch, Kick Ball Cross, ¼ Turn, ¼ Turn

- 1, 2 Step R to side, Touch L (pointing toe) behind R
- 3, 4 Step L to side, Touch R (pointing toe) behind L
- 5&6 Kick R forward, Step ball of R together, Cross L over R
- 7, 8 Turn ¼ left and step R back (9:00), Turn ¼ left and step L forward (6:00)

[9-16] Rock, Recover, ½ Turn Right With Shuffle, Step, Pivot Heels for ½ Turn, Step Back, Pivot Heels for ½ Turn

- 1, 2 Rock R forward, Recover back to L
- 3&4 Turn ¼ right and step R to side (9:00), Step L together, Turn ¼ right and step R forward (12:00)
- 5, 6 Step L forward, Turn ½ right by swiveling both heels to the left (weight stays on L) (6:00)
- 7, 8 Step R back, Turn ½ right by swiveling both heels to the left (weight shifts to R) (12:00)

[17-24] Side Rock, Recover (with snap), Cross Behind (with snap), Side (with snap), ¼ Turn Left Into Heel Jack, Toe Drag and Hand Pull

- 1, 2 Rock L to side, Recover to R while snapping fingers as you flick your right hand to the right at waist level (bring hand back to your middle so you can flick again on the next beat)
- 3, 4 Cross L behind R while snapping and flicking right hand to the right, Step R to side while snapping and flicking right hand to the right
- 5&6& Turn ¼ left and step L back (9:00), Step ball of R together, Touch L heel forward and put right arm straight out in front of you with open palm facing left, Step L together (keep arm forward)
- 7, 8 Step R forward (keep arm forward), Point L toe at the floor behind you and drag the toe of your boot/shoe together (weight stays on R) while pulling your elbow to your side and bending your elbow to keep your forearm forward and parallel to the floor and make a fist

[25-32] Swing Around, Ball, Heel, Crouch, Touch Back, Rock, Recover, Step, Turn, Side, Ball

- 1&2 Swing right elbow back to propel your body to turn ½ right while keeping weight on R (3:00), Step L back, Touch R heel forward
- 3, 4 Bend at your L knee and waist to crouch down (keeping weight on L), Touch R back
- 5, 6 Rock back on R as you come slightly back up and swing your right shoulder back (shoulders to 4:30), Recover to L and bring shoulders back to 3:00
- 7, 8& Step R forward, Turn ¼ right and step L to side (6:00), Step R together

[33-40] Side Step, Drag, Ball, Cross, Hitch/Jump, Side Step, Drag, Ball, Cross, Point Side

- 1, 2 Take large step with L to side, Drag R together
- &3, 4 Step ball of R together, Cross L over R, Hitch R knee and jump slightly to the right
- &5, 6 Land on L, Take large step with R to side, Drag L together
- &7, 8 Step ball of L together, Cross R over L, Point L to side

[41-48] ¾ Walk/Run Around, Hip Walk, Hip Walk

- 1, 2 Turn ¼ right and step L forward (9:00), Turn ¼ right and step R forward (12:00)
- 3&4 Turn 1/8 right and step L forward, Turn 1/8 right and step R forward, Step L forward (3:00)
- 5, 6 Touch R forward on diagonal while bumping right hip on the diagonal, Step R together (and slightly forward)

7, 8 Touch L forward on diagonal while bumping left hip on the diagonal, Step L together (and slightly forward)

[49-56] Out, Out, Chest Right, Chest Down, Chest Left, Ball, Side Rock, Recover, Behind, Ball, Kick, Ball

&1, 2 Step R out, Step L out (shoulder width apart), Move torso as a unit (shoulders and hips together) to right (weight stays distributed – slightly to R)

3, 4 Bend knees to move torso down, Move torso as a unit to left (weight goes to L)

&5, 6 Step R together, Rock L to side, Recover to R

7&8& Cross L behind R, Step R together, Kick L forward, Step L together

[57-64] Rock, Recover, ¼ Right With Shuffle, ½ Hinge Turn x2, Hand Up x2, Hand to Chest x2

1, 2 Rock forward on R, Recover to L

3&4 Turn ¼ right and step R to side, Step L together, Step R to side (6:00)

5, 6 ½ Hinge turn right stepping L to side (12:00), ½ Hinge turn right stepping R to side (6:00)

7&8& Put right hand (straight arm) up and to the right diagonal above your head, Put left hand (straight arm) up and to the left diagonal above your head, Put right hand on your chest, Put left hand on your chest.

Enjoy!

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Last Update - 24th April 2017
