## Everything You Need

拍数： 32
埥数： 4
级数：Beginner
编舞者：Malene Jakobsen（DK）－March 2018
音乐：Everything You Need－Michael Learns to Rock ：（iTunes）


Intro： 16 counts from the beginning 12 sec．seconds into track，dance begins with weight on $R$
［1－8 ］L basic，R basic，1／4 with sweep，cross，side，behind sweep，behind，side
1－2\＆（1）Step $L$ to $L$ ，（2）rock back on $R$ ，（\＆）recover onto L 12.00
3－4\＆（3）Step R to R，（4）rock back on L，（\＆）recover onto R 12.00
5－6\＆（5）Turn $1 / 4 L$ stepping fwd．on $L$ sweeping $R$ from back to front，（6）cross $R$ over $L$ ，（\＆）step L to L 9.00
7－8\＆（7）Cross $R$ behind $L$ sweeping $L$ from front to back，（8）cross $L$ behind $R$ ，（\＆）step $R$ to $R$ 9.00
［9－17］Cross rock，side，cross，chase $1 / 4$ ，run run run，fwd．rock，back with sweep
1－2\＆（1）Rock $L$ across $R$ ，（2）recover onto $R$ ，（\＆）step $L$ to $L 9.00$
3－4\＆（3）Cross R over L，（4）rock L to L，（\＆）recover onto R making 1／4 R 12.00
$5 \quad$（5）Step fwd．on $L 12.00$
$6 \& 7$（6\＆7）Run fwd．R，L，R 12.00
8\＆1（8）Rock fwd．on $L$ ，（\＆）recover onto $R$ ，（1）step back on $L$ sweeping $R$ from front to back 12.00
［18－25］Behind side cross，side，together，fwd．，side，together，back with sweep，behind side cross
2\＆3（2）Cross $R$ behind $L$ ，（\＆）step $L$ to $L$ ，（3）cross $R$ over $L 12.00$
4\＆5
（4）Step $L$ to $L$ ，（\＆）step $R$ next to $L$ ，（5）step fwd．on $L 12.00$
6\＆7（6）Step $R$ to $R$ ，（\＆）step $L$ next to $R$ ，（7）step back on $R$ sweeping $L$ from front to back 12.00
8\＆1
（8）Cross L behind $R$ ，（\＆）step R to $R$ ，（1）cross L over R 12.00
［26－32］Side rock，cross，side rock，cross，1／4，side，cross，side，together
2\＆3（2）Rock R to R，（\＆）recover onto L，（3）cross R over L 12.00
4\＆5（4）Rock $L$ to $L$ ，（\＆）recover onto $R$ ，（5）cross L over R 12.00
$6 \& 7$（6）Turn $1 / 4 L$ stepping back on $R$ ，（\＆）step $L$ to $L$ ，（7）cross R over $L 9.00$
8\＆（8）Step L to L，（\＆）step R next to L 9.00

Ending：Optional：Last wall Is wall 9 －dance up to count 19 （count 3 in section 3 ）When you cross R over $L$ just sweep L from back to front．

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