

All For One

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Frank Heelan (IRE) - April 2020
音乐: All for One - Five for Fighting



Sec 1 Cross rock, side rock, back lock back, coaster step.

1-2 Cross right over left, recover to left.
3-4 Rock right to right, recover to left.
5&6 Step back right, lock left over right, step back right.
7&8 Step back left, right together, forward left. (12.00)

Sec 2 Point right to right, turn ½ right stepping right next to left, point left to left, step left together. (Monterey turn) Repeat.

1-2 Point right to right, turn ½ right stepping right next to left.
3-4 Point left to left, step left next to right. (Weight to left) (6.00)
5-6-7-8 Repeat counts 1-4 finishing facing (12.00)

Sec 3 Kick, kick, coaster step, rock recover, sailor ¼ turn.

1-2 Kick right forward twice.
3&4 Step back right, left together, forward right.
5-6 Rock forward left, recover to right.
7&8 Turn ¼ left sweeping left behind, recover to right, step left to left. (9.00)

Sec 4 Rock recover, shuffle back, coaster step, walk, walk.

1-2 Rock forward right, recover to left.
3&4 Step back right, left together, step back right.
5&6 Step back left, right together, forward left.
7-8 Walk forward right, left. (9.00)

No Tags, No Restarts. I think the message in this song sums it all up at this difficult time for everyone “ One for all and all for one”

Keep dancing in your hearts we will all be back together soon.

Contact: heelanjohnl@gmail.com
