

All For You

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dean Gambino (USA)
音乐: All for You - Janet Jackson



SCUFF, HITCH, STEP(TO RIGHT SIDE), KNEE BENDS, CROSS, UNWIND ½ TURN RIGHT, HIP BUMPS, KICK

- 1&2 Scuff right foot, hitch right knee, step to right side, (knees slightly bent and arms across chest, fingers touching, palms down)
- 3&4& (Leaving hands so as to show upward movement), knee bends down, up, down, up, (weighting right foot)
- 5-6 Cross left foot over right, unwind ½ turn right.(weighting left foot)
- 7&8 Hip bumps right-left, kick right foot (to right forward oblique)

VINE RIGHT, SIDE STEP RIGHT, HITCH, CROSS TOUCH LEFT HEEL, HITCH, TOUCH BACK LEFT TOE, HITCH, CROSS LEFT OVER RIGHT, SWIVEL ½ TURN RIGHT

- 1-3 Step right to right side, left behind, right to right side
- &4&5 Hitch left knee, touch left heel across right foot (at 45 angle right), hitch left knee, touch left toe back (at 45 angle left)
- &6 Hitch left knee, cross left over right
- 7&8 Swivel heels ¼ left, ¼ right, ½ left (weighting left), (right foot should be forward)

MASHED POTATOES IN PLACE, TOUCH RIGHT BACK, ½ TURN RIGHT, SCUFF, HITCH STEP LEFT FORWARD

- &1&2 (On the balls of your feet), swivel heels out, swivel heels in with right foot in front of left swivel heels out, swivel heels in with right foot behind left
- &3&4 (On the balls of your feet), swivel heels out, swivel heels in with right foot in front of left keeping right in front of left, swivel heels out, swivel heels in
- &5-6 (On the balls of your feet), swivel heels out, touch right toe back, pivot ½ turn right (weighting right)
- 7&8 Scuff left foot, hitch left knee while scooting forward on right, step left forward (do not take weight)

BODY ROLL FORWARD 45 LEFT, BODY ROLL BACK 45 RIGHT, LEFT SIDE ROCK STEP, ¼ TURNING SAILOR LEFT

- &1-2 Forward roll left shoulder to left hip, (weighting left foot)
- &3-4 Back roll right shoulder to right hip, (weighting right foot)
- 5-6 Step left foot to left side, recover weight to right foot
- 7&8 Step left behind right, right to right side, ¼ turn left stepping left forward

REPEAT