All 4 U

拍数: 32   **墙数:** 4   **级数:** Intermediate

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音乐: All for You - Janet Jackson

SIDE LUNGE, TOGETHER, SIDE STEP, SLIDE TOGETHER

1	Lunge right to right side
2	Touch right back in place
3	Step right (big step) to right side
4	Slide left up next to right foot with heel pointed at an angle
5	Lunge left to left side
6	Touch left back in place
7	Step left (big step) to left side
8	Slide right up next to left foot with heel pointed at an angle

2 X HEEL TAPS, 2 X TOE TAPS, KICK KICK, SIDE KICK WITH ¼ TURN (RIGHT)

9	Tap right heel forward
10	Tap right heel forward
11	Tap right toe backward
12	Tap right toe backward
13	Kick right forward
14	Kick right backward
15	Step right slightly forward
16	Kick out left to left side & pivot ¼ turn right on (ball of) right foot

CROSS STEP, SIDE KICK, CROSS STEP, MODIFIED JAZZ SQUARE, ½ TURN (RIGHT), JUMPING JACK, JUMP CROSS BEHIND TURNING ¾ TURN (RIGHT)

17	Cross step left in front of right foot
18	Kick right out to right side
19	Cross step right in front of left foot
20	Step left backward
&	Slide right backward behind left foot
21	Cross step left in front of right foot
22	Unwind ½ turn right by pivoting on (balls of) both feet
23	Ump feet apart (shoulder length apart)
&	Jump crossing right foot behind left foot
24	Turn ¾ turn right by pivoting on (ball of) right foot & quickly shift weight to left foot stepping slightly to the side

(RIGHT) SAILOR STEP, (LEFT) SAILOR STEP, TURNING SAILOR STEP (¼ TURN RIGHT) JUMPING JACK, FULL TURN (RIGHT)

25	Cross right step behind left foot
&	Step left slightly to the side
26	Step right slightly to the side
27	Cross step left behind right foot
&	Step right slightly to the side
28	Step left slightly to the side
29	Cross step right behind left foot, turning ¼ turn right
&	Step left slightly to the side
30	Step right slightly to the side
31	Jump feet apart (shoulder length apart)

32   Jump crossing right over left & pivot a full turn left (ending with weight on left foot)
Easier option: instead of the full turn left, just bump hips right on (31) and bump left on (32)

REPEAT