All You Need Is Love



编舞者: Stephen Sunter (UK)

音乐: All You Really Need Is Love - Brad Paisley



You can count your real friends on one hand and this dance is dedicated to one of them; Tony Wood, I know you will soon be on your feet again and All You Need Is Love to help get there. I hope this dance will help you get back onto the dance floor. Take it easy and make sure it's only one step at a time

TOE HEEL STOMP, BEND KNEES, STRAIGHTEN KNEES, TOE HEEL STOMP

| 1&2 | Touch right toe in place, touch right heel in place, stomp forward right |
|-----|---|
| 3&4 | While bending knees move knees right, left, right |
| 5&6 | While straightening knees move knees left, right, left (finish with weight on right foot) |

7&8 Touch left toe in place, touch left heel in place, stomp forward left

ROCK, RECOVER, ROCK, TOGETHER, TOE HEEL TURN, ROCK FORWARD, STEP BACK

| 1&2 | Rock forward right, replace weight to left, step right next to left |
|-----|---|
| 3&4 | Rock back left, replace weight to right, step left next to right |

Touch right toe in place, touch right heel in place
Touch right toe next to left making ¼ turn left

7&8 Rock forward right, recover weight to left, step back right

HIP BUMPS, HIP BUMPS, ROCK BACK, TOGETHER, RIGHT SHUFFLE

| 1&2 | Step back left and bump hips back, bump forward, bump back |
|-----|--|
| 3&4 | Step back right and bump hips back, bump forward, bump back |
| 5&6 | Rock back left, replace weight to right, step left next to right |
| | |

7&8 Shuffle forward right, left, right

ROCK FORWARD, TOGETHER, SIDE SHUFFLE, SAILOR STEP, PADDLE TURN

| 1&2 | Rock forward left, replace weight to right, step left next to right |
|-----|--|
| 3&4 | Right to right side, left together, right to right side |
| 5&6 | Left behind right, right to right side, making 1/4 turn left step forward left |
| 7 | Make a 1/4 turn left and touch right toe out to side |

Make a ½ turn left and touch right toe out to side

REPEAT

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