All Week Long

级数: Intermediate

编舞者: Peter Metelnick (UK) - July 1998

音乐: Seven Nights to Rock - BR5-49 : (Album: Big Backyard Beat Show)

Start on vocals

or Who?s Cheating Who - Alan Jackson (Practice)

Section 1 Right Grapevine, Cross Rock Twice.

- 1 3 Step right to right side. Cross left behind right. Step right to right side.
- 4 Scuff left forward turning body to right diagonal.
- 5 6 Cross rock left over right. Rock back onto right.
- 7 8 Cross rock left over right. Rock back onto right.

Section 2 Side Steps with Touches, 1 & 1/4 Rolling Turn Left.

- 9 10 Step left to left side. Touch right beside left. (Optional clap/snap)
- 11 12 Step right to right side. Touch left beside right. (Optional clap/snap)
- 13 14 Step left 1/4 turn left. Make 1/2 turn left, stepping back onto right.
- 15 16 Make 1/2 turn left stepping forward onto left. Scuff right forward.

Note: An alternative for rolling turn left is grapevine with a 1/4 turn left.

Section 3 Step Scuffs, Stroll Back, Hitch.

- 17 18 Step forward right. Scuff left forward. (Optional clap/snap)
- 19 20 Step forward left. Scuff right forward. (Optional clap/snap)
- 21 23 Stroll back Right, Left, Right.
- 24 Hitch left knee. (Optional hop on right)

Section 4 Slow Coaster Step, Step Scuff, 1/4 Turning Jazz Box Right.

- 25 26 Step back on left. Step right beside left.
- 27 28 Step forward left. Scuff right forward.
- 29 30 Cross step right over left. Step back left.
- 31 32 Step right 1/4 turn right. Step left beside right.

Section 5 Monterey Turn, Toe Struts Travelling To Left Diagonal.

- 33 Touch right to right side.
- 34 On ball of left pivot 1/2 turn right stepping right beside left.
- 35 36 Touch left to left side. Step left beside right.
- 37 38 Cross right toes over into left diagonal. Drop right heel taking weight.
- 39 40 Step left toes to left side. Drop left heel taking weight.

Note: (Optional finger snaps on toe struts)

Section 6 Cross Rock, 1/4 Turn Right, Hitch, Lock Step, Slap.

- 41 42 Cross rock right over left. Rock weight back onto left.
- 43 44 Step right 1/4 turn right. Hitch left knee. (Optional hop on right)
- 45 46 Step forward left. Lock right behind left.
- 47 48 Step forward left. Hook right behind left and slap with left hand.





拍数: 48

墙数:4