

All or Nothing

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Derrick Walker (USA) - July 2012
音乐: All or Nothing - Cher



32 count intro.....

FIGURE 8 VINE WITH ¼ TURN LEFT

- 1-2 Step Right Foot to Right Side, Cross Left Foot behind Right Foot
- 3-4 ¼ turn Right stepping Right Foot Forward, Step Left Foot Forward (3:00)
- 5-6 Pivot ½ turn Right, ¼ turn Right stepping Left Foot to Left Side (12:00)
- 7-8 Cross Right Foot behind Left Foot, ¼ turn Left stepping Left Foot Forward (9:00)

R ROCK FORWARD, RECOVER, R SHUFFLE BACK, L COASTER STEP, WALK R, L

- 1-2 Rock Right Foot Forward, Recover on Left Foot
- 3&4 Step back on Right Foot, Step Left Foot next to Right, Step back on Right Foot
- 5&6 Step Left Foot back, Step Right Foot next to Left, Step Left Foot Forward
- 7-8 Walk forward Right, Left

¼ RIGHT MONTEREY, ½ RIGHT MONTEREY

- 1-2 Point Right Toe to Side, ¼ turn Right stepping Right Foot in place next to Left (12:00)
- 3-4 Point Left Toe to Side, Step Left Foot next to Right
- 5-6 Point Right Toe to Side, ½ turn Right stepping Right Foot next to Left (6:00)
- 7-8 Point Left Toe to Side, Step Left Foot next to Right

R STOMP, HOLD, L STEP, R CROSS, HOLD, L STEP, R SIDE ROCK, RECOVER, R ¼ SAILOR STEP

- 1-2 Stomp Right Foot Forward, HOLD
- &3-4 Step Left Foot next to Right, Cross Right Foot over Left, HOLD
- &5-6 Step Left Foot slightly back, Side Rock Right Foot, Recover on Left Foot
- 7&8 ¼ turn Right crossing Right Foot behind Left Foot, Step Left Foot to Side, Step Right Foot Forward (9:00)

L STEP, ½ TURN RIGHT, L SHUFFLE, R FULL TURN, R SHUFFLE

- 1-2 Step Left Foot Forward, Pivot ½ turn Right (3:00)
- 3&4 Step Left Foot Forward, Step Right Foot next to Left, Step Left Foot Forward
- 5-6 ½ turn Left stepping back on Right Foot, ½ turn Left stepping Left Foot Forward
- 7&8 Step Right Foot Forward, Step Left Foot next to Right, Step Right Foot Forward (3:00)

L CROSS ROCK, RECOVER, CHASSE L, R JAZZ BOX WITH A CROSS

- 1-2 Cross Rock Left Foot over Right, Recover on Right Foot
- 3&4 Step Left Foot to Left Side, Step Right Foot next to Left, Step Left Foot to Left Side
- 5-6 Cross Right Foot over Left, Step Left Foot back
- 7-8 Step Right Foot to Right Side, Cross Left Foot over Right

R CHASSE, L ROCK, RECOVER, L CHASSE, R ROCK, RECOVER

- 1&2 Step Right Foot to Right Side, Step Left Foot next to Right, Step Right Foot to Right Side
- 3-4 Rock back on Left Foot, Recover on Right Foot
- 5&6 Step Left Foot to Left Side, Step Right Foot next to Left, Step Left Foot to Left Side
- 7-8 Rock back on Right Foot, Recover on Left Foot

R SHUFFLE, L STEP, ½ R, L TRIPLE ½, R ROCK, RECOVER

- 1&2 Step Right Foot Forward, Step Left Foot next to Right, Step Right Foot Forward
- 3-4 Step Left Foot Forward, Pivot ½ turn Right (9:00)

5&6 Triple Step Left-Right-Left a ½ turn Right (3:00)
7-8 Rock back on Right Foot, Recover on Left Foot

REPEAT

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