

All On Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jasmine Cole - July 2020
音樂: On Me (feat. Ava Max) - Thomas Rhett & Kane Brown



Starts 2 counts in

STEP RIGHT, LEFT ROCK, 1/2 TURN LEFT, TOE STRUT, STEP RIGHT, LEFT ROCK, 1/2 TURN LEFT, TOE STRUT

1,2,3&4 Step R forward, L rock recover, L toe behind taking 1/2 turn L
5,6,7&8 Step R forward, L rock recover, L toe behind taking 1/2 turn L

RIGHT OUT & IN, LEFT STEP, HIP BUMPS, SAILOR STEP, WEAVE

1&2,3,4 Point R out and in, step L side with 2 L hip bumps
5&6,7&8 R sailor step- R behind L, step L out to L, step R out to R, weave- L behind R, R side, L cross

STEP RIGHT, LEFT POINT, SLIDE, SAILOR STEP, WEAVE

1,2&3,4&5 Step R next to L, point L out and in, step L and slide R next to L , R sailor step-R behind L, step L out to L, step R out to R
6&7&8& Weave- L behind R, R side, L cross, R side rock recover

RIGHT ROCK, CROSS 1/4 TURN, STEP LEFT 1/2 TURN, COASTER STEP, RIGHT MAMBO, LEFT MAMBO

1&2&3&4 R rock recover, R cross while turning a 1/4 to the L, step back on L with 1/2 back turn to the R, R coaster
&5&6,7&8 Step L forward, R mambo forward-rock fwd on R, recover on L, step back on R, L mambo back -rock back on L, recover on R, step fwd on L

RIGHT ROCK, CROSS STEP CROSS, LEFT ROCK, WEAVE

1,2,3&4 R side rock recover, cross R over L, step L, cross R over L
5,6,7&8 L side rock recover, weave-L behind R, R side, L cross

RIGHT ROCK, 1/4 TURN LEFT, FULL TURN, LEFT MAMBO, RIGHT MAMBO

1&2,3,4 R side rock, recover with a 1/4 turn L, continue making a full turn R-L-R
5&6,7&8 L mambo forward-rock fwd on L, recover on R, step back on L, R mambo back-rock back on R, recover on L, step fwd on R

CHARLESTON, PIVOT 1/2 TURN LEFT X 2

1,2,3,4 L charleston forward, R charleston back, step R forward
5,6,7,8 Pivot 1/2 turn L , step R forward, pivot 1/2 turn L

HEEL JACKS, 1/4 RIGHT PADDLE TURN X 2

1&2,3&4 Heel jacks, cross R over L, step L, R heel out, cross L over R, step R, L heel out
5,6,7&8 2 R 1/4 paddle turns