All Weekend Long

級數: Improver

拍數: 32 編舞者: Karli Shea (USA) - July 2025

音樂: All Weekend Long - The Lacs

no tags - no restarts

Starts when the lyrics begin

R SAILOR, L SAILOR, STEP, HITCH, ½ TURN, HITCH

- RF steps behind LF (1), LF meets RF (&), RF steps forward at a diagonal (2) 1&2
- 3&4 LF steps behind RF (3), RF meets LF (&), LF steps forward at a diagonal (4)
- 5-6 Step back on RF (5), Hitch left leg up (6)
- 1/2 turn over left shoulder while stepping LF down (6:00) (7), 1/2 turn over left shoulder while 7-8 hitching up right leg (12:00) (8)

STEP BACK, DRAG, COASTER STEP, STEP, STEP, FLICK

- 1-2 Step back RF (1), Drag LF to meet RF (2)
- 3&4 Step back LF (3), RF meets LF (&), LF steps forward (4)
- 5-6 Step forward RF (5), Bouncing hold (6)
- Step LF out left (7), Flick RF behind left knee (8) 7-8

SYNCOPATED GRAPEVINE, TOUCH, SYNCOPATED LOCK STEP, FULL TURN

- Step RF to R side (1), Step LF behind R (2) 1-2
- &3 Step RF to R side (&), Cross LF over R (3)
- &4 Step RF to R side (&), Touch LF beside R (4)
- (1/4 pivot over left shoulder) step LF forwards (9:00) (5), RF crosses behind LF (6), LF steps 5-6& forward (&)
- 7-8 (1/2 pivot over left shoulder) step back on RF (3:00) (7), (1/2 pivot over left shoulder) LF steps down (9:00) (8)

STOMP, STOMP, HIP CIRCLES

- Stomp RF (1), Stomp LF (2) 1-2
- 3-8 Two big hip circles counter clockwise

*feel free to add flair 3-8: drop it low, do a full turn, etc. have fun!

Last Update: 3 Jul 2025





牆數:4