

All For You

拍數: 64 牆數: 4 級數: Improver hustle
編舞者: Sebastiaan Holtland (NL)
音樂: All for You - Kate Ryan



ROCK STEP COASTER 2X RIGHT-LEFT

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Rock left forward, recover to right
7&8 Step left back, step right together, step left forward

STEP ½ PIVOT TURN LOCK SHUFFLE, STEP ½ PIVOT TURN LOCK SHUFFLE

9-10 Step right forward, turn ½ left (weight to left, 6:00)
11&12 Step right forward, lock left behind right, step right forward
13-14 Step left forward, turn ½ right (weight to right, 12:00)
15&16 Step left forward, lock right behind left, step left forward

ROCK STEP ¼ TURN SIDE CHASSE, ROCK STEP ¼ TURN LOCK SHUFFLE

17-18 Rock right forward, recover to left
19&20 Turn ¼ right and step right to side, step left together, step right to side (3:00)
21-22 Rock left forward, recover to right
23&24 Turn ¼ left and step left forward, lock right behind left, step left forward (12:00)

½ TURN STEP PIVOT LOCK SHUFFLE, TWO FUNNY CHICKEN WALKS FORWARDS, ¼ TURN STEP TOUCH

25-26 Step right forward, turn ½ left (weight to left, 6:00)
27&28 Step right forward, lock left behind right, step right forward
&29 Hitch left knee, step left together
&30 Hitch right knee, step right together
&31 Hitch left knee, step left together
32 Turn ¼ right and touch right together (9:00)

SIDE CHASSE ROCK STEP BACK, SIDE CHASSE ¼ TURN ROCK STEP BACK

33&34 Step right to side, step left together, step right to side
35-36 Rock left back, recover on right
37&38 Step left to side, step right together, step left to side
39-40 Turn ¼ right and rock right back, recover on left (12:00)

TOE STRUTS FORWARDS 2X, ½ STEP PIVOT ¼ STEP PIVOT

41-42 Step right toe forward, drop right heel
43-44 Step left toe forward, drop left heel
45-46 Step right forward, turn ½ left (weight to left, 6:00)
47-48 Step right forward, turn ¼ left (weight to left, 3:00)

SUZIE Q'S (TRAVELING HEEL GRINDS) WITH 2 CROSS KICKS

49 Cross right heel over left
Right toe should be swiveled to the left. Feet stay in 4th position throughout this section
50 Step left to side
The left moves directly sideways, not beside the right. The right toes swivel to the right
51 Cross right over left
Flex knee a little
52 Kick left to side

53 Cross left heel over right

Left toe should be swiveled to the right. Feet stay in 4th position throughout this section

54 Step right to side

The right moves directly sideways, not beside the left. The left toes swivel to the left

55 Cross left over right

Flex knee a little

56 Kick right to side

SUZIE Q'S (TRAVELING HEEL GRINDS), CROSS HOLD ½ UNWIND TURN

57-60 Repeat 49-50 two more times

61-62 Cross right over left, hold

63-64 Unwind ½ left over 2 counts (9:00)

REPEAT

RESTART

On wall 2 restart the dance after count 32
