All Things Considered



拍數: 112 牆數: 4 級數:

編舞者: Lou Ecken (USA) & Lori Pung (USA) 音樂: All Things Considered - Yankee Grey



Begin on count 17 ("Heart" is first word)

RIGHT KICK FRONT & SIDE, SAILOR STEP; LEFT KICK FRONT & SIDE, SAILOR STEP

1 Kick right forward2 Kick right side

Right sailor step (step right behind left, step left next to right, step right in place)

5 Kick left forward6 Kick left side

7&8 Left sailor step (step left behind right, step right next to left, step left in place)

RIGHT SWEEP TURN, LEFT-RIGHT-LEFT

1-4 Sweep right leg forward and around behind left and turn in place, (full turn to the right)

5&6 Stomp left-right-left in place

7-8 Hold

SHUFFLE RIGHT, ROCK STEP LEFT, SCUFF AND HOP LEFT, ROCK STEP RIGHT

1&2 Shuffle right-left-right to the right3-4 Rock step left behind right

5-6 Scuff left, hop (landing with weight on left)

7-8 Rock step right behind left

SHUFFLE RIGHT, ROCK STEP LEFT, SCUFF AND HOP LEFT, ROCK STEP RIGHT

1&2 Shuffle right-left-right to the right3-4 Rock step left behind right

5-6 Scuff left, hop (landing with weight on left)

7-8 Rock step right behind left

TOE STRUTS WITH FUNKY HIPS

1-2	Tap right toe forward while raising right hip, take weight right
3-4	Tap left toe forward while raising left hip, take weight left
5-6	Tap right toe forward while raising right hip, take weight right
7-8	Tap left toe forward while raising left hip, take weight left

STOP SIGN, HIP BUMPS, HIP ROLLS

1-2 Press right hand forward then left hand forward paims out (can press to the	side)	
---	-------	--

3&4 Bump hips left-right-left

5-8 Two hips rolls to the right (to the right)

RIGHT TOE-HEEL-CROSS, LEFT TOE-HEEL-CROSS, RIGHT TOE-HEEL

1-3	Touch right toe beside left foot, touch right heel beside left foot, cross right over left
4-6	Touch left toe beside right foot, touch left heel beside right foot, cross left over right

7-8 Touch right toe beside left foot, touch right heel beside left foot

BOX STEPS

1-4	Cross right over left, step back left, step right beside left, step left beside right
5-8	Cross right over left, step back left, step right beside left, step left beside right

KICK AND TOUCH FOUR TIMES MOVING BACKWARDS

1&2	Kick right front, step back right, touch left beside right
3&4	Kick left front, step back left, touch right beside left
5&6	Kick right front, step back right, touch left beside right
7&8	Kick left front, step back left, touch right beside left

HIP BUMPS AND HIP ROLLS

1-2	Bump right hip two times
3-4	Bump left hip two times

5-6 Hip roll to the right (to the right)
7-8 Hip roll to the right (to the right)

VAUDEVILLE STEPS

&1&2	Step right back, cross left over right, step right to side, touch left heel out to 45 degrees
&3&4	Step left back, cross right over left, step left to side, touch right heel out to 45 degrees
&5&6	Step right back, cross left over right, step right to side, touch left heel out to 45 degrees
&7&8	Step left back, cross right over left, step left to side, touch right heel out to 45 degrees

1/2 MONTEREY TURN, 1/4 MONTEREY TURN

1-2	Touch right toe to side, pivot ½ turn right bringing right foot in place next to left
3-4	Touch left to side, step left next to right
5-6	Touch right toe to side, pivot ¼ turn right bringing right foot in place next to left
7-8	Touch left to side, step left next to right

WALK FORWARD. MASHED POTATO BACK (RIGHT-LEFT-RIGHT-LEFT)

1-4	Walk forward right-left-right-left
&	Lift right foot slightly off floor and turn both toes in with weight on ball of left
5	Step back right with weight on balls of both feet, turning toes out
&	Lift left foot slightly off floor and turn both toes in with weight on ball of right
6	Step back left with weight on balls of both feet, turning toes out
&	Lift right foot slightly off floor and turn both toes in with weight on ball of left
7	Step back right with weight on balls of both feet, turning toes out
&	Lift left foot slightly off floor and turn both toes in with weight on ball of right
8	Step back left with weight on balls of both feet, turning toes out

TOUCH RIGHT, HOLD, TOUCH LEFT, HOLD, TOUCH RIGHT-LEFT-RIGHT-HOLD

1-2	Touch right toe out to right side, hold
&3-4	Touch left toe out to left side, hold
&5	Touch right to out to right side
&6	Touch left toe out to left side
070	Touch right too out to right aids, hold

&7-8 Touch right toe out to right side, hold

REPEAT

TAG

On 3rd wall, do left quarter turns on both box steps and move into the walk forward/mashed potato back, dance ends on count 50 with right toe, heel to end of music).