All Summer Long

COPPER KNO

拍數: 0

牆數:0

級數: Phrased Novice / Intermediate

編舞者: Pim van Grootel (NL) & Daniel Trepat (NL) - July 2008

音樂: All Summer Long - Kid Rock

Sequence = A - A - B - A - A - B - A - A - B - C - A - A - B - A - C - A - A - A - A

Part A

SIDE, CROSS, ROCK ¼ TURN L, STEP, CHARLESTON STEPS

- 1 RF Step to right side
- 2 LF Cross over RF
- 3 RF Rock to the right
- & LF Recover with a ¼ turn left
- 4 RF Step forward
- 5 LF Touch forward (turn both heels in)
- & Turn both heels out, while going back with LF
- 6 LF Step backwards, turn both heels in
- 7 RF Touch backwards (turn both heels in)
- & Turn both heels out, while going fwd with RF
- 8 RF Step forward, turn both heels in

CROSS WITH ¼ TURN L, STEP, HEEL BALL CROSS, STEP, HEEL BALL KICK, OUT, OUT, TOES IN, HEELS IN, TOES IN.

- 1 LF Cross over RF with ¼ left
- & RF Step to right side
- 2 LF Heel diagonally left forward
- & LF Step next to RF
- 3 RF Cross over LF
- & LF Step to left side
- 4 RF Heel diagonally right forward
- & RF Step next to LF
- 5 LF Kick forward
- & LF Step out to side
- 6 RF Step out to side
- 7 Both toes in
- & Both heels in
- 8 Both toes in

STEP, STEP, SAILOR STEP WITH ½ TURN L, STEP, STEP, SAILOR STEP WITH ½ TURN R

- 1 LF Walk forward
- 2 RF Walk forward
- 3 LF Cross behind RF start 1/2 turn left
- & RF Step to side
- 4 LF Step forward finish ¹/₂ turn left
- 5 RF Walk forward
- 6 LF Walk forward
- 7 RF Cross behind LF start ½ turn right
- & LF Step to side

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8 RF Step forward finish ½ turn right

KICK, SWEEP WITH RIGHT, CROSS, OUT, OUT, HEEL SWIVELS

LF Kick forward

&	LF Step next to RF
2	RF Sweep from back to forward
3	RF Cross over LF
&	LF Step out to side
4	RF Step out to side
&	LF Weight back on left
5	RF Heel in
&	Heel back
6	LF Heel in
&	LF Heel back
7&8&	Repeat count 5&6&
Part B	
	Z STEPS 2X, WALK 4X FULL TURN R
1	RF Step diagonally right forward
2	LF Lock behind RF
&	RF Step diagonally right forward
3	LF Step diagonally left forward
4	RF Lock behind LF
&	LF Step diagonally left forward
5	RF Walk (Start a full turn right)
6	LF Walk
7	RF Walk
8	LF Walk (End the full turn right)
STEP WITH KN	NEE ACTIONS AND HITCH 2X
1	RF Step to side and bend yours knees and push them to the outside
&	Knees back in place
2	LF Hitch
3	LF Step to side and bend yours knees and push them to the outside
&	Knees back in place
4	RF Hitch
5	RF Step to side and bend yours knees and push them to the outside
&	Knees back in place
6	LF Hitch
7	LF Step to side and bend yours knees and push them to the outside
&	Knees back in place
8	RF Hitch

Part C

HEEL SWIVELS

5	RF Heel in
&	Heel back
6	LF Heel in
&	LF Heel back
7&8&	Repeat count 5&6&