

All of This

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michael Thompson (USA) - May 2011
音樂: This - Darius Rucker



Start: 32 counts into music

SYNCOPATED WEAVE RIGHT, SLIDE, SYNCOPATED WEAVE LEFT, SLIDE

- 1&2&3-4 Step right foot to right side, cross left foot behind right, step right foot to right side, cross left foot in front of right, step right foot "big" to right, slide left foot to right (keeping weight on right)
- 5&6&7-8 Step left foot to left side, cross right foot behind left, step left foot to left side, cross right foot in front of left, step left foot "big" to left, slide right foot to left (keeping weight on left)

POINT RIGHT, LEFT, FRONT, FRONT, 2 ½ PIVOTS

- 1&2&3&4& Point right foot to right side, bring right foot together, point left foot to left side, bring left foot together, point right foot forward, bring right foot together, point left foot forward, bring left foot together
- 5-8 Step right foot forward, pivot ½ turn to left, step right foot forward, pivot ½ turn to left

TRIPLE IN A BOX FORMATION

- 1&2-3&4 Step right foot to right side, step left foot together, step right foot to right side, step left foot to left side while turning ¼ turn left, step right foot together, step left foot to left side
- 5&6-7&8 Step right foot to right side while turning ¼ turn left, step left foot together, step right foot to right side, step left foot to left side while turning ¼ turn left, step right foot together, step left foot to left side (you are now facing 3:00)

TRIPLE FORWARD 2X, SYNCOPATED ROCKS, TOUCH

- 1&2-3&4 Step right foot forward, step left foot next to right, step right foot forward, step left foot forward, step right foot next to left, step left foot forward
- 5&6&7&8 Rock forward onto right foot, recover back onto left foot, rock right foot to right side, recover to left foot, rock back onto right foot, recover forward onto left foot, touch right foot next to left

TRIPLE BACK 2X, SYNCOPATED ROCKS, TOUCH

- 1&2-3&4 Step right foot back, step left foot next to right, step right foot back, step left foot back, step right foot next to left, step left foot back
- 5&6&7&8 Rock back onto right foot, recover forward onto left foot, rock right foot to right side, recover to left foot, rock forward onto right foot, recover back onto left foot, touch right foot next to left

SYNCOPATED SIDE ROCKS, SYNCOPATED ROCK WITH A CROSS, FULL TURN

- 1&2-3&4 Rock right foot to right side, recover to left foot, step right foot next to left, rock left foot to left side, recover to right foot, step left foot next to right
- 5&6-7-8 Rock right foot to right side, recover to left foot, cross right foot over left, unwind full turn left in 2 counts, weight ending on left foot crossed over right

REPEAT

RESTART

On wall 3 (back wall), there will be a restart after the first 8 counts (weave and slide both to the right and left then do it again to restart the dance)

Step Sheet Provided by Michael Thompson (dancemic1@yahoo.com or 770-365-9831)