

# All Out & Stepped Up

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Helaine Norman – Feb. 2016

**Music:** I Don't Like It, I Love It by Flo Rida ft. Robin Thicke & Verdine White

## No Tags Or Restarts!

Suggestions for alternative music are welcome!

"Shoop" by Salt n Pepper

## S1: Step Out Out, Step Touch (X2); Bunny Hops (In In) (X2)

- 1-2 Step R forward right (wide with hip) (1-2)  
3-4 Step L forward left (wide with hip) (3-4);  
&5-6 Jump R back (&), touch L beside (5-6)  
&7-8 Jump L side (&), touch R beside (7-8)

## S2: Step Heel Grind (x2); Syncopated Reverse Weave, Step, Brush

- &1-2 Step R (&), touch L heel forward (1) and fan left side (2)  
&3-4 Step L(&), touch R heel forward (3) and fan right side (4);

(Use momentum of fanning R to ronde behind L to begin 5&6.)

- 5&6 Step R behind L (5), step L side (&), step R across L (6)  
7-8 Step L side (7), brush R across L (8)

Option for &1-2 and &3-4: Touch toes instead of touch heel

Option(s) for 7-8: kick, scuff or hitch

## S3: Crossing Triple, 1/4 Turn; Forward Triple, 1/2 Turn Pivot

- 1&2 Crossing triple left side RLR (1&2)  
3-4 Step L side turning 1/4 right (3), step R forward (4);  
5&6 Forward tripple LRL (5&6)  
7-8 Step R behind L (7); turning 1/2 right keeping weight on R (8)

## S4: 1/4 Turn Step Hold; 1/2 Turn Step Hold

- 1-2-3-4 Step L side (1), step R turning 1/4 right (2), step L forward (3), hold (4);

**5-6-7-8** Step R forward (5), step L turning ½ left (6), step R forward (7), hold (8) (facing 6:00)

### **S5: Rock Recover Step Across, 1/2 Turn Step Hitch; Step Touch, Step Touch**

**1&2** Rock L side (1), recover R (&), step L across R (2)

**3-4** Step R turning ¼ right (3), hitch L turning ¼ right keeping weight on R (4)–;

**5-6-7-8** Step L side (5), touch R beside (6), step R side (7), touch L beside (8)

### **S6: Rock Recover Step Across, 1/2 Turn Step Hitch; Hip Bumps**

**1&2** Repeat 1&2 in S5

**3-4** Repeat 3-4 in S5;

**5&6** Bump hip L side (5), bump hip R side (&), bump hip L side (6)

**7-8** Bump hip R side (7); Bump hip L side (8)

### **S7: 1/8 Turn Kick Ball Change, Rock Recover, Walk Back (x4)**

**1-2** Kick R forward turning 1/8 right (1), step R (&), step L beside (2)

**3-4** Rock R forward (3), recover L (4);

**5-6-7-8** Walk back RLRL (5-6-7-8)

### **Option for 5-6-7-8: Moonwalk (x4)**

### **S8: 1/8 Turn Bunny Hops (in arc) (x2), Walks (in arc) (x4);**

**Entire section is a wide, almost full circle ending at 6:00.**

**&1-2** Jump R forward turning 1/8 right (&), touch L beside (1), hold (2)

**&3-4** Jump L forward turning 1/8 right (&), touch R beside (3), hold (4);

**5-6-7-8** Walk (in arc) RLRL (end facing 6:00)

### **Option for 5-6-7-8: Walk with knee pops**

**Begin dance again.**