

All About Us

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Count: 48 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Michelle Risley (UK) August 2019

Music: All About Us – Tebey (iTunes & Amazon Music)

Count In on Vocals

RIGHT SIDE, CROSS ROCK, SHUFFLE $\frac{1}{4}$ LEFT, PIVOT $\frac{1}{4}$, CROSS, SIDE

- 1-3 Step Right to Right Side, Cross Rock Left over Right, Recover
- 4&5 Side Shuffle Left making $\frac{1}{4}$ Left (9oc)
- 6-7 Step forward on Right, Pivot $\frac{1}{4}$ turn Left (6/oc)
- 8 & Cross Right over Left, step Left to the Side

CROSS ROCK, &, CROSS ROCK, HEEL GRIND $\frac{1}{4}$ RIGHT, SHUFFLE BACK

- 1-2& Cross Rock right Over left, Recover, Step Right next to left
- 3-4& Cross rock left over right, recover, Step left next to right

** Restart and Step Change Here on Wall 3

- 5-6 Step heel over right – grind making a $\frac{1}{4}$ right weight on left (9oc)
- 7&8 Shuffle Back on Right (9oc)

ROCK BACK, SHUFFLE $\frac{1}{2}$ TURN RIGHT, ROCK BACK, SHUFFLE $\frac{1}{2}$ TURN LEFT,

- 1-2 Rock back on Left, Recover
- 3&4 making a $\frac{1}{2}$ turn over right shoulder with a left shuffle Back (3oc)**
- 5-6 Rock Back on Right, recover
- 7&8 Making a $\frac{1}{2}$ turn over left shoulder with a right shuffle back (9oc)

SHUFFLE $\frac{1}{2}$ TURN LEFT, STEP FORWARD, HITCH $\frac{1}{4}$ RIGHT, HIP BUMP, MAMBO

- 1&2 Making a $\frac{1}{2}$ turn over left shoulder with a left shuffle forward (3oc)
- 3-4 Step forward right, hitch left knee making a $\frac{1}{4}$ Right (6oc)
- 5&6 touch left toe forward, whilst bumping hips forward L, R, L**
- 7&8 Right mambo forward (6oc)

REVERSE ½ PIVOT LEFT, FULL TURN, ½ TURN, POINT LEFT (CLICK), STEP BACK, POINT RIGHT (CLICK)

1-2 Touch Left to back, reverse ½ pivot over Left shoulder (12oc)

3-4 Half Turn left stepping back right, half turn stepping forward left (12oc)

5-6 half turn over left should step back on right, Point Left toe to side click fingers (6oc)

7-8 Step back on left, point right toe to side and click fingers (6oc)

RIGHT SAILOR 1/8 TURN LEFT, JAZZ BOX 1/8 TURN LEFT, SAILOR STEP, CROSS ROCK, SIDE, TOUCH

1&2 Right Sailor Step towards your left diagonal, making 1/8 turn (4.30)

3&4 Left cross over right, Step back right, 1/8 turn left Side left – complete ¼ turn left (3oc)

5&6 Right Sailor Step

7&8& Cross Rock Left over Right, recover, step left to side, touch left next to right (3oc)

Note: This section should be a fluid motion to make a ¼ turn left, think of it as;

Right Under, Left Over, Right Under, Left Over!

Wall 3 - Restart & Step Change Start facing 6oc, dance up and including count 12: replace ¼ grind shuffle back with... 1-2 Heel Grind in Place (12oc) 3&4 Rock back on Right, Recover, Touch Right Next to Left Restart dance from count 1, facing 12oc

To Finish the Dance, unwind to the Front Wall - ta-da!

Enjoy, Smile Keep Your Feet Happy xx