

All For One

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Frank Heelan (Ireland) April 2020

Music: "All For One" By Five For Fighting - 3mins 12secs.

Restart wall 2,,4,,6 after 12 count

S1. BASIC NC - BASIC NC - TURN - FORWARD - PIVOT - FORWARD - ROCK - RECOVER

1-2& Step R to side,, cross R slightly behind L,, cross R over L

3-4& Step L to side,, cross L slightly behind R,, recover on L

5-6&1/4 turn right Step R forward (03.00) ,, step L forward ,, 1/2 turn pivot recover on R (09.00)

7-8& Step L forward ,, rock R forward ,, recover on L (09.00)

S2. SIDE - CROSS - SIDE - UNWIND - BOX STEP - SIDE

1-2&1/4 turn to right Step R to side (12.00),, cross L slightly behind R,, step R to side

3-4& Cross L over R and 1/2 turn to right (06.00),, step R to side,, step L next to R

5-6& Step R forward,, step L to side,, step R next to L

7-8& Step L back,, step R to side,, recover on L

S3. SIDE - CROSS BEHIND - SIDE - TURN - MAMBO - BACK - BACK - BACK - SIDE

1-2& Step R to side,, cross L behind R,, step R to side

3-4& Cross R over L and hitch R with 1/8 turn to left,, rock R forward,, recover on L

5-6& Step R back and kick L,, step back on L,,R

7-8 Step L back,, 1/8 turn to right Step R to side

S4.TURN - CROSS - SIDE - ROCK - RECOVER - SIDE - UNWIND - RECOVER - WALK

1-2& Step L forward and 1/2 turn to right with sweep R from front to back (12.00) ,, cross R behind L,, step L to side

3&4& Rock R cross over L,, recover on L,, step R to side,, cross L over R

5-6&1/2 turn to right(weight on L) (06.00),, rock R back,, recover on L

7-8 Walk on R,,L ,(06.00)

Thanks

Terakhir diubah: 16:00

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=141559