

# All I Know

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Alison Metelnick (UK) & Peter Metelnick (UK) - December 2024

**No tags or restarts**

**Start after 32 count intro on the word 'LOVE' - approx. 25secs - 4mins 19secs -93bpm**

**Music Available Amazon**

**Dedicated to the 'Flutes Gang' who have been with us through thick and thin - you know who you are!**

**[1-8] R/L side syncopated rock steps, R fwd, ½ L pivot turn, R kick ball step**

**1-2& Rock R side, recover weight on L side, step R together**

**3-4& Rock L side, recover weight on R side, step L together**

**5-6 Step R forward, pivot ½ left (6 o'clock)**

**7&8 Kick R forward, step R together, step L forward**

**[9-16] R cross rock/recover, R ball cross, R side, L behind/R side/L cross, R scissor cross**

**1-2 Cross rock R over L, recover weight on L**

**&3-4 Step R side, cross step L over R, step R side**

**5&6 Cross step L behind R, step R side, cross step L over R**

**7&8 Step R side, step L together, cross step R over L**

**[17-24] L chassé, ¼ R toaster step, L fwd shuffle, ½ L chase turn**

**1&2 Step L side, step R together, step L side**

**3&4 Turning ¼ right as you sweep R back, step L together, step R forward (9 o'clock)**

**5&6 Step L forward, step R together, step L forward**

**7&8 Step R forward, pivot ½ left, step R forward (3 o'clock)**

**[25-32] L fwd rock/recover, L coaster cross, R side rock/recover, R behind,  $\frac{1}{4}$  L, L fwd, R fwd**

**1-2 Rock L forward, recover weight on R**

**3&4 Step L back, step R together, step cross step L over R**

**5-6 Rock R side, recover weight on L**

**7&8 Cross step R behind L, turning  $\frac{1}{4}$  left step L forward, step R forward (12 o'clock)**

**[33-40] L cross rock/recover, L ball cross, L side, R sailor, L cross shuffle**

**1-2 Cross rock L over R, recover weight on R**

**&3-4 Step L side, cross step R over L, step L side**

**5&6 Cross step R behind L, step L side, step R side**

**7&8 Cross step L over R, step R side, cross step L over R**

**[41-48]  $\frac{1}{4}$  L, R back  $\frac{1}{2}$  L, L fwd, R fwd,  $\frac{1}{4}$  L pivot turn, cross step R over L,  $\frac{1}{4}$  R, L back,  $\frac{1}{2}$  R, R fwd, L fwd,  $\frac{1}{4}$  R pivot turn,  $\frac{1}{8}$  R, L fwd**

**1-2 Turning  $\frac{1}{4}$  left step R back, turning  $\frac{1}{2}$  left step L forward (3 o'clock)**

**3&4 Step R forward, pivot  $\frac{1}{4}$  left, cross step R over L (12 o'clock)**

**5-6 Turning  $\frac{1}{4}$  right step L back, turning  $\frac{1}{2}$  right step R forward (9 o'clock)**

**7&8 Step L forward, pivot  $\frac{1}{4}$  right, turning  $\frac{1}{8}$  right step L forward (1 o'clock) (to face right diagonal)**

**[49-56] Skate R/L diagonally forward, R fwd mambo, L/R sailor steps travelling slightly back**

**1-2 Towards right diagonal skate R forward, skate L forward**

**3&4 Rock R forward, recover weight on L, step R back**

**5&6 Cross step L behind R, step R side, step L side**

**7&8 Cross step R behind L, step L side, step R side**

**[57-64] L touch back,  $\frac{5}{8}$  L turn to back wall, R side rock/recover, R cross step, L side rock/recover, L coaster cross**

**1-2 Touch L back, turning  $\frac{5}{8}$  left (to face back wall) step L down (6 o'clock)**

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

**5-6 Rock L side, recover weight on R**

**7&8 Step L back, R together, cross L over R**

**ENDING: Final wall dance first 32 counts, will be facing back wall at this point. To finish at front wall step L forward, pivot  $\frac{1}{2}$  R and strike a pose!**