

ALL 4 U

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Jennifer Pasley-Smith

Music: All For You (Radio Edit) by Janet Jackson

EXTENDED SYNCOPATED RIGHT VINE, CLAP, RIGHT KNEE IN-OUT-IN, TWIST RIGHT, TWIST $\frac{1}{4}$ LEFT

- 1&2&** Step right to right, step left behind right, step right to right, step left in front of right
- 3-4** Step right to right, clap
- 5&6** On ball of right bend knee in towards left, out away from left, in towards left
- 7-8** On balls of feet twist toes right, twist toes left ending with weight on right/left toe pointed to floor

WALK, WALK, BALL-CHANGE, $\frac{1}{4}$ -PIVOT LEFT, TOES IN, OUT, IN-OUT-IN-OUT

- 9-10** Step left forward, step right forward
- &11-12** Step left in place, step right in place, pivot $\frac{1}{4}$ -turn left/ weight even
- 13-14** With knees bent turn toes in, turn toes out
- &15&16** Turn toes in, turn toes out, turn toes in, turn toes out (sweep right hand, palm flat, from front to side)

SIDE BALL-CHANGE, FRONT BALL-CHANGE, STEP RIGHT BACK, $\frac{1}{2}$ -PIVOT RIGHT, STEP LEFT FORWARD, $\frac{1}{2}$ -PIVOT RIGHT, 2 LUNGE BOUNCES

- 17&18&** Step right to right, step left in place, step right forward, step left in place
- 19-20** Step right back, pivot $\frac{1}{2}$ -turn right on balls of feet (weight on right)
- 21-22** Step left forward, pivot $\frac{1}{2}$ -turn right on balls of feet (weight on left)
- 23-24** Lean forward with hands on right thigh and bend and straighten knees (bounce) twice

KICK RIGHT FORWARD, WALK, WALK, 3 WIDE GALLOPS, FRONT BALL-CHANGE, $\frac{1}{4}$ -TURN LEFT

- 25** Shift weight to left while kicking right forward (hop onto left for added effect)
- 26-27** Step right forward, step left forward
- &28** Step right to right, step left to left

&29&30 Step right in place, step left in place, step right in place, step left in place (make this a rolling motion with knees slightly bent and weight shifting up and down from side to side)

&31-32 Step right forward, step left in place, pivot $\frac{1}{4}$ -turn left (weight on left)

REPEAT

To begin the dance, start after Janet says "Edit" and the guy counts down "4-3-2-1" by doing the 1st 16-counts then starting the dance over (the only time the dance is disrupted) OR wait 16 counts after the "4-3-2-1" before beginning the dance.