

# It's All In You

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**Count:** 48                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Jessica Wegmann (July 2016)

**Music:** All in You by Synapson feat. Anna Kova (iTunes)

**Intro : 16 counts, dance begins on vocal « I talk for a reason ».**

**[1-8] Walks Fwd x2, Cross Scissor Step, Cross, ¼ turn L Step, Rolling vine**

- 1-2            Walk R forward, Walk L forward
- 3&4           Cross R over, Step L to L side, Close R next to L
- 5-6           Cross L over, Step R backward ¼ turn L

**7-8½ turn left stepping L, ½ turn left stepping R backward (9 o'clock)**

**[9-16] Body Rolls Stepping Back x2, Coaster Step, Full Spiral Turn**

- 1-2            Touch L backward doing a body roll from up (head), Step L down finishing body roll down (hips)
- 3-4            Touch R backward doing a body roll from up (head), Step R down finishing body roll down (hips)
- 5-6            Step L backward, Close R next to L
- 7-8            Step L forward, Full Spiral Turn

**[17-24] Crossing Shuffle Making a ½ turn R, Double Hitch x2, ½ turn L Hitch R, Down**

- 1&2           Cross R over, Step L to left side, Cross R over (making a ½ turn L to face 6 o'clock)
- 3&4           Hitch L up, side slightly up, touch
- 5&6           Hitch L up, side slightly up, down

**7-8½ turn left Hitching R up down**

**[25-32] Behind, ¼ turn R, Step , ½ Pivot turn R, Dorothy Steps x2, Out**

- 1-2            Step L behind R, ¼ turn R stepping R forward
- 3-4            Step L forward, ½ pivot R stepping R forward
- 5&6            Step L forward slightly diagonal left, Lock R behind, Step L to L Side
- &7&8           Step R forward slightly diagonal right, Lock L behind, Step R out to R side, Step L out to L side.

**Restart on wall 3 facing 9 o'clock, the original 9 o'clock wall now becomes your new home wall.**

**[33-40] Pop Knees,  $\frac{1}{4}$  turn R twist, Heels down, Pop Knees,  $\frac{1}{2}$  turn L, Heels down, Kick,  $\frac{1}{4}$  turn R Monterey**

- 1&2** Pop knees lifting heels up, Twist them  $\frac{1}{4}$  turn R, Heels down (turn head to the R).
- 3&4** Pop knees lifting heels up, Twist them  $\frac{1}{2}$  turn L, Heels down weight on R (6 o'clock)
- 5-6** Kick L, Step L down
- 7-8** Touch R to R side,  $\frac{1}{4}$  turn R Closing R next to L

**[41-48]  $\frac{1}{4}$  turn L Monterey Hook L, Step L, Lock R, Full turn, Sweeps x2, Step, Hitch**

- 1-2** Touch L to L side,  $\frac{1}{4}$  turn L Hooking L over R
- &3-4** Step L forward, Lock R behind, full turn (6 o'clock)
- 5-6** Sweep R from back to front stepping L forward, Sweep L from Back to front stepping R forward
- 7-8** Step L forward, Hitch R knee up

**Enjoy!**

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