

All 4 One

64 Count, Intermediate, 2 Wall, Line Dance.

Choreographed by Kate Sala (UK) & Darren Bailey (UK)

Music: 'All for One' by Five For Fighting, 3:10 mins. Available at www.itunes.co.uk

Intro: 16 counts.

Jazzbox, Step Lock Step, Turn 1/2 Right With Kick, Back Step With Knee Pop.

1 - 4 Cross step R over L. Step back on L. Step R to right side. Step forward on L.

5 & 6 Step forward on R. Lock step L behind R. Step forward on R.

7 8 Turn 1/2 right stepping back on L & low kicking R forward. Step back on R popping L knee forward. 6:00

Walk x 2, Step Lock Step, Cross Rock, Recover & Cross Rock, Recover, Step Left.

1 2 Step forward on L. Step forward on R.

3 & 4 Step forward on L. Lock step R behind L. Step forward on L.

5 6 & Cross rock on R over L. Recover on to L. Step R next to L.

7 8 & Cross rock on L over R. Recover on to R. Step L to left side.

Cross Step, Sweep Forward, Weave Right, Sweep Back, Weave Left.

1 2 Cross step R over L. Sweep L round to left side from back to front.

3 - 5 Cross step L over R. Step R to right side. Cross step L behind R.

6 - 8 Sweep R round to right side from front to back. Cross step R behind L. Step L to left side.

Cross Shuffle, Side Rock, Recover & Turn 1/2 Left, Side Rock, Recover, Sway x 2.

1 & 2 Cross step R over L. Step L to left side. Cross step R over L.

3 4 & Side rock out on L to left side. Recover on to R. Turn 1/2 left stepping L next to R. 12:00

5 6 Side rock out on R to right side. Recover on to L.

7 8 Sway right. Sway left. (Restart from here)

Hitch, Step, Touch, Step Left, Heel Dig Ball Step, Step, Lock Step, Turn 1/4 Right, Lock Step Turn 1/4 Right.

1 & 2 Hitch R knee up and slightly across left. Small step R to right side. Touch L toe next to R instep.

&3 &4 Small step L to left side. Dig R heel forward to right diagonal. Step down on R. Step forward on L.

5 6 & Step R forward to right diagonal. Lock step L behind R. Small step R forward to right diagonal.

7 8 & Turn 1/4 right stepping L to left side. Lock step R behind L making 1/4 turn right. Step L in place. 6:00

Step Right, Hold, & Rock Right, Recover, & Step Left, Hold, Cross Step Right Behind, Step Left.

1 2 & 3 4 Step R to right side. Hold. Step L next to R. Rock out on R to right side. Recover on to L.

& 5 6 7 8 Step R next to L. Step L out to left side. Hold. Cross step R behind L. Step L to left side.

Full Circle: Walk x 2, Shuffle, Walk x 2, Shuffle.

1 2 Starting to follow the shape of a big full circle walk on R, L.

3 & 4 Continue the circle shuffling forward on R, L, R.

5 6 Continue the circle walking forward on L, R.

7 & 8 Complete the full circle shuffling forward on L, R, L. 6:00

Rock Step, Recover, Back Lock Step, Turn 1/2 Left x 2, Sailor Step.

1 2 Rock forward on R. Recover on to L.

3 & 4 Step back on R. Lock step L over R. Step back on R.

5 6 Turn 1/2 left stepping forward on L. Turn 1/2 left stepping back on R sweeping L out to left side. 6:00

7 & 8 Cross step L behind R. Step R to right side. Small step forward on L.

Restart the dance after 32 counts during wall 2, 4, 6, 7, 8. Therefore only dancing the full 64 counts 3 times!

Ending: Cross R over L and full unwind left. Dah dah!!