

ALL OR NOTHING

Choreographed by Nicola Lafferty

Description: 32 count, 4 wall, Cuban

Level: Newcomer

Music: 'All Or Nothing' by Jay Sean (105 BPM)

Official UCWDC competition dance description

Date of usage 19 April 2012

1-8: SLOW COASTER STEP, TRIPLE FORWARD, SYNCOPATED ROCKS

1-2-3 Step LF back, step RF next to LF, step LF forward

4&5 Step RF forward, close LF to RF, step RF forward

6& Cross rock LF over RF, recover to RF

7& Rock LF to L side, recover to RF

8& Cross rock LF over RF, recover to RF

9-17: TO RIGHT DIAGONAL; STEP BACK, ROCK, RECOVER, TRIPLE FORWARD, ROCK, RECOVER, SIDE TRIPLE

1-2-3 Facing R diagonal (1:30), step LF back, Rock RF back, recover weight to LF

4&5 Facing R diagonal (1:30), step RF forward, close LF to RF, step RF forward

6-7 Facing R diagonal (1:30), Rock LF forward, recover weight to RF

8&1 Squaring up to front (12:00), step LF to L side, close RF to LF, step LF to L side

18-25: HIPS, ROCK RECOVER ¼ TURN, ROCK RECOVER, TRIPLE BACK

2-3 Figure of 8 hips – Right then left

4&5 Rock RF back, recover weight to LF, ¼ turn R stepping RF forward

6-7 Rock LF forward, recover weight to RF

8&1 Step LF back, close RF to LF, step LF back

26-32: ROCK RECOVER, TRIPLE FORWARD, ½ PIVOT, ½ TURNING TRIPLE

2-3 Rock RF back, recover weight to LF

4&5 Step RF forward, close LF to RF, step RF forward

6-7 Step LF forward, pivot ½ turn to right

8&1 Making ½ turn over R shoulder triple L, R, L (with the last step of the triple being the start of the dance – count 1)