

ALL FOR ONE

Count: 32 Wall:4 Level: Beginner

Choreographer: Frank Heelan (Ireland) April 2020

Music “All For One” By Five For Fighting 3mins 12secs.

Sec 1 Cross rock, side rock, back lock back, coaster step.

1-2 Cross right over left, recover to left.

3-4 Rock right to right, recover to left.

5&6 Step back right, lock left over right, step back right.

7&8 Step back left, right together, forward left. (12.00)

Sec 2 Point right to right, turn ½ right stepping right next to left, point left to left, step left together. (Monterey turn) Repeat.

1-2 Point right to right, turn ½ right stepping right next to left.

3-4 Point left to left, step left next to right. (Weight to left) (6.00)

5-6-7-8 Repeat counts 1-4 finishing facing (12.00)

Sec 3 Kick, kick, coaster step, rock recover, sailor ¼ turn.

1-2 Kick right forward twice.

3&4 Step back right, left together, forward right.

5-6 Rock forward left, recover to right.

7&8 Turn ¼ left sweeping left behind, recover to right, step left to left. (9.00)

Sec 4 Rock recover, shuffle back, coaster step, walk, walk.

1-2 Rock forward right, recover to left.

3&4 Step back right, left together, step back right.

5&6 Step back left, right together, forward left.

7-8 Walk forward right, left. (9.00)

No Tags, No Restarts. I think the message in this song sums it all up at this difficult time for everyone “ One for all and all for one” Keep dancing in your hearts we will all be back together soon.

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