

ALL OR NOTHING

CHOREOGRAPHED by Lisa Foord, Sydney, NSW, Australia and
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SONG The Big Bad Broken Heart
ARTIST Regina Regina
DESCRIPTION 64 count, 2 wall Advanced dance

Beats Steps

2 X KICK BALL CHANGES, STEP 1/4 TURN, STOMP R, KICK L

1&2 Kick R forward, step R slightly back, step L in place (Kick ball change)
3&4 Repeat kick ball change
5-6 Step forward on R, turn 1/4 turn L placing weight on L
7-8 Stomp R beside L, kick L to L side

2 X SAILOR SHUFFLES, 2 X STOMPS CLAPS

1&2 Cross/step L behind R, step R to R side, step L to L side
3&4 Cross/step R behind L, step L to L side, step R to R side
5-8 Stomp L forward, clap, stomp R forward, clap

ROCK FWD, BACK 1/2 TURN, STEP BRUSH, ROCK FWD, BACK & HEEL, & STEP BRUSH

1-4 Rock fwd on L, rock back on R turning 1/2 L, step fwd on L, brush R fwd
5,6 Rock fwd on R, rock back on L,
&7&8 rock back on R & touch L heel fwd, step fwd on L, brush R fwd

2 X TOE STRUT, MONTEREY 3/4 TURN

1-4 Step fwd on R toe, drop heel, step fwd on L toe, drop heel
5-6 Point/touch R toe to R side, pivot 3/4 turn R to step R beside L
7-8 Point/touch L toe to L side, touch L toe beside R

2 X LEFT HEEL JACKS, 2 X RIGHT HEEL BALL JACKS

&1&2 Step back on L & touch R heel at 45 deg R, step R in place & touch L toe together
&3&4 Step back on L & touch R heel at 45 deg R, step R in place & step L together
&5&6 Step back on R & touch L heel at 45 deg L, step L in place & touch R toe together
&7&8 Step back on R & touch L heel at 45 deg L, step L in place & touch R together

STOMP R SIDE, HOLD, STOMP L SIDE, HOLD, ROLL R KNEE, ROLL L KNEE

1-4 Stomp R to R side, hold, stomp L to L side, hold
5-8 Roll R knee out (2 beats), roll L knee out (2 beats)

R HEEL, CROSS TOE, HEEL TOUCH BACK, FORWARD LOCK, SHUFFLE

1-4 Touch R heel fwd, touch R toe cross L, touch heel fwd, touch toe back
5&6&7&8 Step R fwd, lock L behind R, shuffle fwd R-L-R

ROCKING HORSE, STEP PIVOT, STEP FORWARD, TOUCH & CLAP

1-4 Rock fwd L, step R in place, rock back on L, step R in place
5-8 Step L fwd, pivot 180 deg over R, step fwd L, touch R beside L & clap

64 Begin Dance Again