

All Or Nothing

32 count, 4 wall, intermediate level
Choreographer: Diane Lee (UK) May 2004
Choreographed to: All or Nothing by Athena Cage
(Save the Last Dance Soundtrack)

Count In :- 4 counts from start of music

1 – 8 Step, 1/2 hitch point; cross rock step left, full unwind, step & cross, heel bounce

- 1 – 2 Step forward on the right, hitch left making 1/2 turn over right shoulder, point left to left side
3 & 4 Cross rock left over right, recover right, step left to left side
5 – 6 Cross right over left, unwind full turn over left shoulder
&7&8 Step right up to left, cross left over right, rise up on toes, replace (heel bounce)

9 – 16 Switch right, switch left, hitch slide 1/4 right, heel switch right & left, dig, hitch point behind

- 1 & 2 Point right toe to right, switch and point left to left
& 3 – 4 Hitch left knee, slide left make 1/4 right, slide right ending touched to left
5 & 6 Heel switch right and left (travelling forwards)
& 7 & 8 Bring left back next to right, heel dig right in front leaning back, hitch the right and toe dig behind

17 – 24 1/4 right, cross rock recover, hips left, right, slide left, reverse pivot 1/2, cross left point right

- 1 - 2 & Make 1/4 right stepping right to right side, cross rock left over right, recover back on right
3 & 4 Step left to left side bumping hips left (3) right (&), large step left
5 – 6 Cross right behind left, 1/2 reverse pivot. Transfer weight right
7 – 8 Cross step left in front of right, point right toe to right side

25 – 32 Weave left behind side front, 1/4 hitch point left, toe touch left, heel switch right & left, step right 1/2 pivot

- 1 & 2 Weave left - cross right behind, step left to left side cross right in front of left
&3 – 4 Hitch left (&), 1/4 right and point left to left side (3), touch left toe in front (4)
& 5 & 6 Step left next to right, touch right toe forwards, switch touch left toe forwards
& 7 – 8 Step left next to right, step forward right 1/2 pivot turn over left shoulder transfer weight left

NB - dance ends with a 1/2 turn and you'll start over with a step forward right 1/2 turn so be sure to transfer weight left as you end.