



Approved by:

Toni

It's All Or Nothing

4 WALL - 48 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Cross Rock, Chasse Right, Cross, Unwind 1/2 Right, Shuffle Back Cross rock right over left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Cross left over right. Unwind 1/2 turn right. Step right back. Close left beside right. Step right back.	Cross Rock Side Close Side Cross Unwind Shuffle Back	Left Right Turning right Back
Section 2 1 - 2 3 & 4 5 - 6 7 & 8	Back Rock, Shuffle Forward, Full Turn Left, Shuffle Forward Rock back on left. Recover onto right. Step left forward. Close right beside left. Step left forward. Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward. Close left beside right. Step right forward.	Rock Back Left Shuffle Turn Turn Right Shuffle	Back Forward Turning left Forward
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Cross, Side, Left Sailor Step, Cross, Side, Right Sailor Step Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Step left to place. Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Step right to place.	Cross Side Sailor Step Cross Side Sailor Step	Right On the spot Left On the spot
Section 4 1 - 2 3 & 4 5 - 6 7 - 8 Restart	Cross, 1/2 Turn, Shuffle Forward, Rocking Chair Cross left over right. Step right to right side making 1/2 turn left. Step left forward. Close right beside left. Step left forward. Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left. (End of Section 4) Walls 3 and 8: Restart dance from beginning	Cross Turn Left Shuffle Rock Forward Rock Back	Turning left Forward Back
Section 5 1 - 2 3 & 4 5 - 6 7 & 8	Skates, Shuffle Forward, Skates, Shuffle Forward Skate forward right. Skate forward left (bending knees). Step right forward. Close left beside right. Step right forward. Skate forward left. Skate forward right (bending knees). Step left forward. Close right beside left. Step left forward.	Skate Skate Right Shuffle Skate Skate Left Shuffle	Forward
Section 6 1 - 2 3 & 4 5 - 6 7 & 8	Rock 1/4 Turn Right, Chasse Right, Cross, Back, Chasse Left Rock forward on right. Rock back on left making 1/4 turn right. Step right to right side. Close left beside right. Step right to right side. Cross left over right. Step right back. Step left to left side. Close right beside left. Step left to left side.	Rock Turn Side Close Side Cross Back Side Close Side	Turning right Right Back Left

Choreographed by: Toni Holmes (UK) April 2006

Choreographed to: 'All Or Nothing' by Cher (130 bpm) from CD The Very Best Of Cher, or Believe (begin on heavy beat when vocals start)

Restarts: There are 2 restarts in this dance - in Walls 3 and 8 dance to end of Section 4 then restart dance from the beginning



A video clip of this dance is available to members at www.linedancermagazine.com