

# All or Nothing



**Choreographie:** Nicola Lafferty  
**Beschreibung:** 32 Count, 4 Wall, Cha Cha line dance  
**Musik:** **All or Nothing** by Jay Sean

**Hinweis:** Intro 32 counts, begin on main vocals

## **1-8 Slow Coaster Step, Triple Fwd, Syncopated Rocks**

- 1,2,3 Step LF back, Step RF next to LF, Step LF fwd
- 4&5 Step RF fwd, close LF to RF, Step RF fwd
- 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 R diag; Step back, Rock, Recover, Triple Fwd, 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 fwd, close LF to RF, Step RF fwd
- 6,7 Facing R diagonal (1.30), Rock LF fwd, 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 fwd
- 6,7 Rock LF fwd, recover weight to RF
- 8&1 Step LF back, Close RF to LF, Step LF back

## **26-32 Rock Recover, Triple Fwd, ½ Pivot, ½ Turning Triple**

- 2,3 Rock RF back, recover weight to LF
- 4&5 Step RF fwd, close LF to RF, Step RF fwd
- 6,7 Step LF fwd, 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)