

# 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.



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**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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