

# All or Nothing

Choreographed by Nicola Lafferty

32 Count, 4 Wall, Cha Cha line dance

Music: All or Nothing by Jay Sean

Intro: 32 counts, begin on main vocals



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## 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)

Begin again ☺