



BroncoBeat

All My Life

32 count, 4 wall, intermediate/advanced level

Choreographer: Kash Bane (UK) July 2006

Choreographed to: All My Life by Shayne Ward

Start on vocals, approx 15 secs

The timings are a bit tricky, hence this is an intermediate/advanced dance. There are two restarts. One on wall 3 and one on wall 6.

CD 2056-4

STEP BALL CHANGE, STEP BALL CHANGE, 1 1/2 TURN WITH HITCH, STEP, COASTER STEP

1&2 Step right to right diagonal, step left next to right, step right in place

&3& Step left to back left diagonal, step right next to left, step left foot in place

4&5 Make 1/2 turn over right shoulder stepping forward on right, make 1/2 turn over right shoulder stepping back on left, on ball of left make 1/2 turn over right shoulder while hitching right knee

6 Step forward on right

7&8 Step back on left foot, step right foot next to left, step forward on left foot

1/4 TURNING WEAVE, SWEEP, CROSS, STEP, BACK RIGHT ROCK, STEP, 3/4 SPIRAL, STEP, POINT, HITCH

1&2& Step right to right side making a 1/4 turn left, step left foot behind right, step right to right side, cross left over right

3& Sweep right leg out and round in front of left

4 Cross right over left

5&6& Step left to left side, rock right foot behind left, recover onto left, step right to right side

7 Make a 3/4 turn over left shoulder, crossing left foot at right shin

&8& Step forward on left, point right toe to right side, hitch right knee across left leg

RIGHT WEAVE, RIGHT SIDE ROCK, BEHIND, SIDE, RIGHT CROSS ROCK, 3/4 TURN, WEIGHT SHIFT, RIGHT SIDE ROCK

1&2& Step right to right side, step left behind right, step right foot to right side, cross left over right

3&4& Rock right foot to right side, recover onto left foot, step right foot behind left, step left to left side

5& Rock right foot across left, recover onto left

6& Swinging right leg out and behind body, produce a 3/4 turn right, step right to right side

7& Place weight onto left foot pointing right toe to right side

8& Rock right foot to right side, recover onto left

CROSS, ROCK AND CROSS, 1/2 TURNING COASTER STEP, STEP, FULL TURN WITH RONDE, CROSS ROCK TOUCH

1 Cross right foot over left

2&3 Rock left foot to left side, recover onto right foot, cross left foot over right

4&5 Make a 1/4 turn left stepping back on right, step left foot next to right, make a 1/4 turn left stepping forward on right

6 Step forward on left foot

&7 Make a 1/2 turn over left shoulder stepping back on right, make a 1/2 turn stepping forward on left foot and sweeping right leg out and in front of left

&8& Cross rock right foot over left, recover onto left foot, touch right toe at left



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RESTARTS!!

1 The **first restart** occurs on **wall 3**, dance up to count 27 (left rock and cross) then for count 28 touch right toe at left foot. Now restart the dance from the beginning.

2 The **second restart** occurs on **wall 6**, dance up to count 14 (Left step, back right rock) then replace the right side step with a right scuff. Restart the dance from the beginning.

GENERAL NOTE: At the end of the track, the music slows, so after wall 8, dance the first 8 counts then stop (after the left coaster step). If you continue the timings become slightly harder, and it looks better ending on the coaster step.

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