

# Everything You Need

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Malene Jakobsen, Denmark March 2018

**Music:** Everything You Need by MLTR, iTunes, 80 bpm

**Intro: 16 counts from the beginning 12 sec. seconds into track, dance begins with weight on R**

**[1-8 ] L basic, R basic, 1/4 with sweep, cross, side, behind sweep, behind, side**

- 1-2& (1) Step L to L, (2) rock back on R, (&) recover onto L 12.00
- 3-4& (3) Step R to R, (4) rock back on L, (&) recover onto R 12.00
- 5-6& (5) Turn 1/4 L stepping fwd. on L sweeping R from back to front, (6) cross R over L, (&) step L to L 9.00
- 7-8& (7) Cross R behind L sweeping L from front to back, (8) cross L behind R, (&) step R to R 9.00

**[9-17] Cross rock, side, cross, chase 1/4, run run run, fwd. rock, back with sweep**

- 1-2& (1) Rock L across R, (2) recover onto R, (&) step L to L 9.00
- 3-4& (3) Cross R over L, (4) rock L to L, (&) recover onto R making 1/4 R 12.00
- 5 (5) Step fwd. on L 12.00
- 6&7 (6&7) Run fwd. R, L, R 12.00
- 8&1 (8) Rock fwd. on L, (&) recover onto R, (1) step back on L sweeping R from front to back 12.00

**[18-25] Behind side cross, side, together, fwd., side, together, back with sweep, behind side cross**

- 2&3 (2) Cross R behind L, (&) step L to L, (3) cross R over L 12.00
- 4&5 (4) Step L to L, (&) step R next to L, (5) step fwd. on L 12.00
- 6&7 (6) Step R to R, (&) step L next to R, (7) step back on R sweeping L from front to back 12.00
- 8&1 (8) Cross L behind R, (&) step R to R, (1) cross L over R 12.00

**[26-32] Side rock, cross, side rock, cross, 1/4, side, cross, side, together**

- 2&3 (2) Rock R to R, (&) recover onto L, (3) cross R over L 12.00
- 4&5 (4) Rock L to L, (&) recover onto R, (5) cross L over R 12.00
- 6&7 (6) Turn 1/4 L stepping back on R, (&) step L to L, (7) cross R over L 9.00
- 8& (8) Step L to L, (&) step R next to L 9.00

**Ending: Optional: Last wall is wall 9 – dance up to count 19 (count 3 in section 3) When you cross R over L just sweep L from back to front.**

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