

J/S National Modern Dance

Jess Glynne - All I am

Maximum of 6 girls on a Team. Use any formation you like.
Girls can move around the floor OR stay in the one spot – up to you.

Intro: in 2 rows one kneel sitting one kneel standing wait for 16 counts

Counts	Section 1	
1-2	Reach Rt arm then Lt arm out in front one at a time	x x x x
3-4	Pull hands back to chest, return outstretched in front with flat hands	
5-8	Fan hands in a circle to the Rt then Lt, finishing arms bent pulled in at chest	x x x x
9-12	Push arms across body, circling clockwise finishing Rt arm pointing down to the floor Lt arm pointing up to the ceiling	
13-16	Bring forearms together Lt on top, uncross tap shoulders and lower arms down by sides	
17-24	Circle Rt arm out in a full circle finishing palm flat out at shoulder height while front row rise to kneel stand, Repeat with Lt arm	
25-32	Stand Rt Lt, circle arms Rt Lt round head, cross Rt Ft over Lt and full turn	
	Section 2	
1-8	Ft tog with knee bend, brush Rt shoulder with Lt hand, sweeping out with flat hand on DP finish down by side, Repeat Lt, Rt, Lt	
9-16	Walk as a group backwards to the Lt for 4 counts jump on 4 to change direction. Repeat to Rt	
17-32	Repeat counts 1-16 finishing facing the back on 32 ft tog	Change position
	Slow Section	
1-2	Step Lt ft out to side shooting Rt hand to high corner, twist upper body, face front	
3-4	Shoot Lt hand to low corner	
5-8	In canon, windmill arms finish ft tog arms down facing other side	

9-16	Repeat to other side, finish windmill facing front	
17-20	Shoot arms in high V Rt then Lt	
21-24	Turn Rt over Lt, Circling arms over head on TP finish down by sides feet together	
25-32	Circle Rt arm out in a full circle finishing palm flat out at shoulder height. Repeat Lt	
	Chorus	
1-2	Both arms out on diagonal Rt arm high palms flat, return palms towards each other at chest height. Repeat Lt arm high	
3-4	Roll arms out in a circle from the elbows 1&1/2 rotations finishing down by sides	
5-8	Repeat counts 1-4	
9-12	Step forward with Rt low kick Lt, step back on Lt kick Rt to back	
13-16	Step turn step to Rt finish feet together	
17-32	Repeat 1-16 to the Lt	
	Section 3	
1-4	Step out and lean on Rt ft to right side, pulling Lt arm across chest elbow bent. Recover feet together. Step out on Rt foot, jump feet together while Lt arm circles from Rt to Lt over head ending down by side	
5-8	Repeat to Lt	
9-12	With Rt ft step cross step tap to Rt	
13-16	Step turn step tap to Lt (1&1/2 turns) to face the back	
17-32	Repeat 1-16 to the back ending facing front	
1-4	Step cross with Rt point Lt out to side, step cross with Lt point Rt out to side (bounce in the knees with each step).	
5-8	Repeat Rt Lt	
9-12	4 steps backwards	

13-16	Quick runs turning to face the back	
1-32	Repeat Slow Section	
1-32	Repeat Chorus	
	Section 4	
1-8	Ft tog with knee bend, brush Rt shoulder with Lt hand, sweeping out with flat hand on DP finish down by side, Repeat Lt, Rt, Lt	
9-16	Step out and lean on Rt ft to right side, pulling Lt arm across chest elbow bent. Recover feet together. Step out on Rt foot, jump feet together while Lt arm circles from Rt to Lt over head ending down by side. Repeat Lt	
17-32	Repeat 1-16	
	Outro	
1-4 5-8	Raising Rt arm to shoulder height Repeat Lt	
9-12	Move arms clockwise finishing Rt arm pointing down to the floor Lt arm pointing up to the ceiling	
13-14	Bring forearms together Lt on top	
15-16	Uncross touching shoulders and lower arms down by sides	
1-8	Kneel Rt circle Rt arm out in a full circle finishing palm flat out at shoulder height. Repeat Lt ending kneel sit.	
9	Finish arms down by side head looking up at ceiling.	