



## All Out Of Me

48 Count 4 Wall Improver Level Dance.  
Choreographed by: Kat Henderson (UK) Sept 2025  
Choreographed to: All Out Of Me by Callum Kerr  
Intro: 24 Counts. Start at approx 12 secs.

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### SEC 1 WALTZ FORWARD, WALTZ BACK, ¼ WALTZ FORWARD, WALTZ BACK

- 1-3 Step L forward, step R next to L, step L in place
- 4-6 Step R back, step L next to R, step R in place
- 1-3 Step L forward ¼ L, step right next to L, step L in place (9:00)
- 4-6 Step R back, step L next to R, step R in place

**Restart** Here on Wall 3

### SEC 2 CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS, KICK, KICK, BACK, TOUCH, HOLD

- 1-3 Step L across R, rock R to R side, recover on to L
- 4-6 Step R across L, rock L to L side, recover on to R
- 1-3 Cross L over R, kick R forward, kick R forward
- 4-6 Step back on R, point L back, hold

### SEC 3 TWINKLE, TWINKLE, TWINKLE ½, TWINKLE ½

- 1-3 Cross step L over R, step R to R side, step L to L side
- 4-6 Cross step R over L, step L to L side, step R to R side
- 1-3 Step L across R, step R beside L making ¼ L, step L ¼ turn L to L side (3:00)
- 4-6 Step R across L, step L beside R making ¼ R, step R ¼ turn R to R side (9:00)

### SEC 4 CROSS ROCK SIDE, CROSS ROCK SIDE, BASIC ½ TURN, BASIC ½ TURN

- 1-3 Cross L over R, step R in place, step L to L side
- 4-6 Cross R over L, step L in place, step R to R side
- 1-3 Step L forward ¼ L, step R back ¼ L, step L back (3:00)
- 4-6 Step R back ¼ L, step L forward ¼ L, step R forward (9:00)