

EVERYTHING I NEED

Music: Helene Fischer
www.amazon.com/Best of Helene Fischer
Cd 2 Track # 5 Time 3:29 Slow Down w/ -5%
Available from choreographer

Rhythm: Rumba & Cha Cha Phase: V

Footwork: Opposite except where (Noted)

Release Date: Mar 19

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Sequence: INTRO AB BRIDGE ABC B END



INTRO RUMBA

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC & r-hndshk ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Full Basic & r-hndshk} Fwd L, rec R, sd L, - ; Bk R, rec L, sd R to r-hndshk WALL, - ;

05-08 FLIRT to a FAN ; ; ALEMANA & CLOSE-UP ; ;

{Flirt to Fan} Fwd L, rec R, sd L (*W bk R, rec L, fwd R swvl 1/2 LF*) to VARS WALL, - ; [releasing hnds] Bk R, rec L, sd R (*W slidg ifo M sd L, cl R, sd & bk L trng 1/4 RF to RLOD*) to "L" pos ld hands joined with the W on the left-sd of M, - ; {Alemana & Close Up} Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swivlg to L-sd of M*), - ; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr*) & close-up to CP WALL, - ;

PART A RUMBA

01-04 BASIC 1/2 INTO A FULL NATURAL TOP ; ; ; ;

{Basic 1/2 Into a Full Natural Top} Fwd L, rec R, sd L trng RF (*W bk R, rec L, fwd R btw M's ft*) to CP RLOD, - ; Cont RF trn XRib, compg 3/4 RF trn sd L, XRib (*W sd L, XRif btw M's ft, sd L*) to CP WALL, - ; Cont RF trn sd L, XRib, cont RF trn sd L (*W XRif, cont RF trn sd L, XRif*), - ; XLib, cont RF trn sd R, cls L (*W cont RF trn sd L, XRif, cls L*) end to CP WALL, - ;

05-08 OP BREAK INTO ALTERNATING UNDERARM TURNS W - M & W ; ; ; ;

{OP Break Into 3 Alternating Underarm Turns W-M-W} Rk apt L xtndg R arm up w/ palm out, rec R lowering R arm, sd L (*W rk apt R xtndg L arm up w/ palm out, rec L lowering L arm, sd R*) to low Bfly WALL, - ; Raisg jnd ld hnds XRib, rec L, sd R (*W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, sd L*), - ; [join tl hnds] trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr sd L (*W XRib, rec L, sd R*), - ; [join lead hnds] Repeat meas 6 Part A to BFLY WALL ;

09-12 OP HIP TWIST INTO a FAN ; ; HOCKEY STICK ; ;

{OP Hip Twist to a Fan} Fwd L, rec R, cl L (*W bk R, rec L, fwd R with tention to L arm to swivel 1/4 RF*) end L-Shape M fc Wall W fc LOD, - ; Bk R, rec L, sd R (*W fwd L, trng 1/2 LF sd R, bk L*) to fan pos, - ; {Hockey Stick} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), - ; Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L*) to LOP-FCG DRW, - ;

13-16 REVERSE UNDERARM TURN ; AIDA ; SWITCH ROCK ; SPOT TURN & r-hndshk ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (*W XRif undr jnd ld hnds trng LF 1/2, rec L contg LF trn to fc ptr, sd R*) to BFLY WALL, - ; {Aida} Thru R to fc LOD xg R hnd ovr L, sd L trng 1/2 RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, - ; {Spot Turn & r-hndshk} Relg hnds XRif (*W XLif*) trng LF, rec L compg full trn, sd R to r-hndshk WALL, - ;

PART B CHA CHA

01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to COH ;

{Trade Places x 2} [In r-hndshk] Rk apt L, rec R relg hnds & trng 1/4 RF to fc RLOD (*W trn LF*), slide bhd W sd L/cl R reachg L hnd to W's left forearm & slidg hnd dwn her arm, sd L trng 1/4 RF (*W 1/4 LF*) to l-hndshk ; Apt R, rec L relg hnds trng 1/4 LF to fc RLOD (*W trn RF*), slidg bhd W sd R/cl L reachg R hand to W's R forearm & slidg hnd dwn her arm, sd R trn 1/4 LF (*W 1/4 RF*) to fc Wall in r-hndshk ; {Trade Places/W Insd Underarm Turn} Apt L, rec R comm to pass R shldrs while trng 1/2 RF to fc COH, bk L/cl R, ipl L (*W apt R, rec L, fwd R trng 7/8 LF undr jnd R hnds/cl L, ipl R fcg COH*) relsg hands ; {W Out to COH} Rk apt R, rec L, fwd R/lk Lib L, ipl R (*W fwd L twd COH, fwd R comm LF trn, sd L cont LF trn to fc WALL/cl R, ipl L*) to BFLY COH ;

05-08 NEW YORKER ; START CRAB WALK ; TWIRL/VINE 2 & CHA ; WHIP to WALL ;

{New Yorker } Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L to BFLY WALL ; **{Start Crab Walk}** XRif (*W XRif*), sd L, XRif (*W XLif/ sd R, XLif (W XRif)*) ; **{Twirl Vine 2 & Cha}** Raise ld hnds & rel tr hnds sd L, XRib, sd L/cl R, sd L (*W fwd R begin RF twirl, cont twirl fwd L to BFLY, sd R/cl L, sd R*) to BFLY COH ; **{Whip to WALL}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY WALL ;

09-12 OP HIP TWIST ; WHIP to LOP LOD ; CROSS CHECK & CHANGE SIDES ; FENCE LINE w/ ARMS to BFLY WALL ;

{OP Hip Twist} Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W (*W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right*) ; **{Whip to LOP LOD}** Bk R trng LF & ldg W acrs, rec L to LOP LOD, fwd R/cl L, fwd R (*W fwd L trng LF & xg in frt of M, fwd & sd R contg LF trn to OP LOD, fwd L/cl R, fwd L*) to LOP LOD ; **{X-Check & Chng Sides}** XLif (*W XRif*) w/ bent knee Checkg, rec R, behind the W's back sd L/cl R, sd L ; **{Fence Line w/ arms to BFLY }** XRif (*W XLif*) w/ bent knee [Stretching lead arms to sd], rec L, sd R/cl L, sd R to BFLY WALL ;

13-16 FULL TURN CHASE M & W ; ; TIME STEP TWICE ; ;

{Full Turn Chase M & W} [Releasg both hnds] Fwd L turn ½ RF, rec R cont turn ½ RF, cl L (*W bk R, rec L, cl R*), -; Bk R, rec L, cl R (*W fwd L turn ½ RF, rec R cont turn ½ RF to fc ptr, cl L*) to LOP WALL ; **{Time Step x 2}** XLib (*W XRib*) hnds extend out to sd, rec R, sd L/cl R, sd L hnds X-ifo chest ; XRib (*W XLib*) hnds extend out to sd, rec L, sd R/cl L, sd R to BFLY WALL ;

BRIDGE CHA CHA

01-03 NEW YORKER ; THRU FRONT VINE 4 ; NEW YORKER ;

{New Yorker } Repeat meas 5 Part C ; **{Thru Front Vine 4}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{New Yorker }** Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

PART C RUMBA

01-04 ALEMANA INTO A LARIAT 3/ M TURN to FC ; ; ; SIDE WALK 3 ;

{Alemana Into a Lariat 3/M Turn to Fc} Fwd L, rec R, cl L to R (*W bk R, rec L, fwd & sd R to l-sd of M*), -; Bk R, rec L, sd R (*W fwd XLif turn RF, fwd R cont turn, sd L to bjo M*), -; Rk bk L, rec R, sd L trng ½ LF on last stp to fc W and COH (*W circ CW arnd M passing R shldr stepping fwd R,L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M and WALL*), -; **{Sd Walk 3}** Sd R, cl L, sd R to BFLY COH, -;

05-08 CHASE w/ UNDERARM PASS ; ; NEW YORKER TWICE & r-hndshk ; ;

{Chase w/ Underarm Pass} [relsng trail hnds] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's L sd*), -; Bk R raisg ld hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L*) to BFLY WALL, -; **{New Yorker x 2}** Repeat meas 5 Part B ; Repeat meas 3 Bridge to r-hndshk WALL ;

ENDING CHA CHA

01-02 TIME STEP TWICE & FREEZE on the FIRST STEP ; ;

{Time Step x 2 & Freeze on the First Step} Repeat meas 15 Part B ; [Q] XRib (*W XLib*) hnds extend out to sd & Freeze ;