All Natural

Count: 32 **Wall:** 4 **Level:** Easy Intermediate
Choreographer: Jamie Marshall (USA) & Junior Willis (USA) - November 2025
Music: All Natural - Rita Ora

#8 Count Intro

A. STEP, CROSS, STEP, WEAVE, SIDE, TOGETHER, TRIPLE FORWARD

&1,2	Step R back, (&), Cross L over R (1), Step R to R (2)
3&4	Cross L behind R (3), Step R to R (&), Cross L over R (4)
5,6	Step R to R (5), Step L next to R, popping R knee forward (6)
7&8	Step R forward (7), Step L next to R(&), Step R forward (8) (12:00)

B. SYNCOPATED ROCKING CHAIR, STEP, BUMPS

1&2&	Rock L forward (1), Recover onto R (&), Rock L back (2), Recover onto R (&)
3&4&	Rock L forward (3), Recover onto R (&), Rock L back (4), Recover onto R (&)
5,6	Step L to L, bumping hips to L (5), Bump to R (6)
7&8	Bump hips L (7), Bump hips R (&), Bump hips L (8) (weight on L) (12:00)

C. CROSS, STEP, CROSS, STEP, STEP BACK, CROSS, STEP, ¼ SAILOR

1,2	Slightly leaning forward, cross R over L (1), Step L to L (2)
3,4	Slightly leaning forward, cross R over L (3), Step L to L (4)
&5,6	Step R back (&), Cross L over R (5), Step R to R (6)
7&8	Turning ¼ L, cross L behind R (7), Step R to R (&), Step L to L (8) (9:00)

D. ANCHOR STEP, STEP BACK, TURN ½ L, SWEEP, TOUCH, STEP FORWARD, STEP FORWARD

1,2	Step R forward (1), Step L forward (2)
3&4	Cross R behind L (3), Step L back (remains crossed over R) (&), Step R back (4)
5,6	Turn ¼ L, stepping L forward (5), Turn ¼ L, sweeping R from back to front, crossing L (6)
7,8	Step R across L (7), Rock L to L (8) (3:00)

Enjoy!

(11/26/2025)
Last Update - 26 Nov. 2025 - R1