

Always Mend

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Audrey Watson (SCO)

Musik: Broken Hearts Always Mend - Daniel O'Donnell



LEFT SIDE TOGETHER FORWARD HOLD, RIGHT LOCK FORWARD HOLD, FORWARD ROCK BACK HOLD, ½ TURN SHUFFLE RIGHT HOLD

- 1&2 Step left to left side, step right next left, step forward on left, hold for a beat
3&4 Step forward on right, lock left behind, step forward on right, hold for a beat
5&6 Rock forward on left, step back on right, step back on left, hold for a beat
7&8 Right ½ turn shuffle stepping right, left, right hold for a beat

CHASSE LEFT HOLD, BACK ROCK SIDE HOLD, BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

- 1&2 Step left to left side, step right next left, step left to left side, hold for a beat
3&4 Rock right back behind left, step forward on left, step right to right side, hold for a beat
5&6 Step left behind right, step right to right side, cross left over right, hold for a beat

Restart dance here on for fourth repetition

- 7&8 Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

LEFT SIDE TOGETHER FORWARD HOLD, FORWARD ROCK BACK HOLD, BACK ROCK FORWARD HOLD, SIDE ROCK ¼ TURN TOGETHER HOLD

- 1&2 Step left to left side, step right next left, step forward on left, hold for a beat
3&4 Rock forward on right, step back on left, step back on right, hold for a beat
5&6 Rock back on left, step forward on right, step forward on left, hold for a beat
7&8 Rock right to right side, rock weight on to left turning ¼ turn left, step right next left, hold for a beat

CHASSE LEFT HOLD, BACK ROCK SIDE HOLD. BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

- 1&2 Step left to left side, step right next left, step left to left side, hold for a beat
3&4 Rock right back behind left, step forward on left, step right to right side, hold for a beat
5&6 Step left behind right, step right to right side, cross left over right, hold for a beat
7&8 Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

REPEAT

RESTART

On the fourth repetition dance up to count 12, then do

- 5&6 Step left behind right, step right to right side, touch left toe next right foot
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