

Always Is

COPPER KNOB
BY SHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kathryn Sloan (AUS) - September 2014

Music: Everything I Shouldn't Be Thinking About - Thompson Square : (Album: Just Feels Good - 2:58)



Starts 16 counts in on vocals, with weight on left, travels in clockwise direction - 116 BPM

[1 – 8] □ □ Toe strut, toe strut, toe strut, toe strut (12.00)

1,2,3,4 Point R toe forward, drop R heel, point L toe forward, drop L heel

5,6,7,8 Point R toe forward, drop R heel, point L toe forward, drop L heel

[9 – 16] □ □ Side, together, back, touch, side, together, forward, touch (12.00)

1,2,3,4 Step R to right side, step L beside R, step R back, touch L beside R

5,6,7,8 Step L to left side, step R beside L, step L forward, touch R beside L

[17 – 24] Rocking chair, pivot half, walk, walk * (6.00) □

1,2,3,4 Rock forward on R, replace weight to L, rock back on R, replace weight to L

5,6,7,8 Step R forward, turning 180° left transferring weight to L, step R forward, step L forward*

[25 – 32] □ Vine right, vine left ¼, scuff □ (3.00)

1,2,3,4 Step R to right side, step L behind R, step R to right side, touch L beside R

5,6,7,8 Step L to left side, step R behind L, turning 90° left step L forward, scuff R beside L

Repeat

Restarts:-

On walls 3 and 6 Restart after 24 counts *

(You will be facing the back wall for both restarts and be restarting the dance from the front wall)

NOTE:-

I originally choreographed this to the Thompson Square version of this track which is not yet available in Australia, there are a number of version on itunes – all of which the dance fits to.

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Version 1