

Always

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Laura Sway (UK) - September 2015
音乐: Always - Atlantic Starr : (Album: 80's Groove Volume III)



Notes: make sure you use this version of the music as it's the shortest one.

COUNT IN: 15secs

[1-8] Step back R, sweep L. Behind side cross, R right rock side recover cross R over L. Step L ¼ R, Step R ½ R step L ½ R. (3.00) run forward R,L,R

- 1 2&3 step back on the Right sweeping left foot from front to back (1) Step left behind right (2) step right to right side (&) step left over right (3)
4&5 rock right to right side (4) recover onto left (&) cross right over left (5)
6&7&8 step back on the left making ¼ right (6) step forward on the right making ½ turn right (&) step back slightly on the left making ½ turn right (7) (3.00), run forward right (&) left (8)right (&)

[9-16] Step L sweeping R, Cross back back, rock L over recover step L to L side sliding R to L, lunge R, pencil turn L, big step R dragging L to R.

- 1 2&3 step weight onto left sweeping right foot from back to front (1) step right over left (2) step back on the left (&) step right slightly to right side (3)
4&5 6 rock left across right (4) recover weight onto right (&) step left to left side dragging right to left (5) lunge right to right side (6)
7 8 As you recover turn a full turn over left shoulder with two straight legs keeping weight on the left, (7) big step right dragging left to right (8)

[17-24] rock L over R, recover, step L , rock R over L , recover, step R, step L making ¾ turn R sweeping R , step touch, shuffle forward L.

- 1 2& rock left across right (1) recover weight onto right (2) step left to left side (&)
3 4& rock right across left (3) recover weight onto left (4) step right to right side (&)
5 6 making ¾ turn on the left foot, cross left over right and turn over right shoulder sweeping right leg from front to back (5) step back on right (6)
& 7&8 touch left in front of right (&) shuffling forward stepping forward on the left (7) step right to left (&) step forward on the left (8)

[24-32] rock forward recover step R ½ R, rock forward recover step L ¼ L, walk R,L, rock R forward, recover, step R forward turning ½ R, step back left turning ½ R.

- 1&2 Rock forward on the right (1) recover onto left (&) step forward on the right making ½ turn right (2)
3&4 Rock forward on the left (3) recover weight onto right (&) step forward on the left making ¼ turn left (4)
5 6 walk forward Right (5) , left (6)
7&8& rock forward on the right (7) recover weight onto left (&) step forward on the right making ½ turn right (8) step back on the left making ½ turn right (&)