

Elvis Always On My Mind

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: High Improver - Smooth
编舞者: Chandrani Eilena Emmiyan (INA) - May 2023
音乐: Always On My Mind - Emily Linge



Intro: 8 seconds
Restart on walls 6 & 7
No Tag

Session 1 - BASIC NC, SIDE LUNGE, RECOVER-UNWIND, STEP-SWEEP, ½ DIAMOND

1-2&3 Step R to side, Close L behind R, Cross R over L, Step L to side while bending L knee
4&5 ¼ turn right & recover onto R (3.00), Cross L over R & full turn, Step R forwards while sweeping L to front
6&7 Cross L over R, Step R to side, 1/8 turn left & Step L backwards (1.30)
8&1 Step R backwards, 1/8 turn left & step L to side (12.00), 1/8 turn left & step R forwards (10.30)

Session 2 - RUN (x2) -LUNGE, RECOVER-BACK-BACK WITH SWEEP (x3), BACK-RECOVER-UNWIND

2&3 Run L, R, Lunge on L
4&5 Recover onto R, Step L backwards, Step R backwards while sweeping L to back
6-7 Step L backwards while sweeping R to back, Step R backwards while sweeping L to back
8&1 Step L backwards, Recover onto R, Cross L over R & full turn

Session 3 - RUN-SWEEP, CROSS- ¼ TURN-BACK- ¼ TURN-SIDE, TOGETHER-FORWARD, ½ TURN-BACK-SWEEP, BEHIND-SIDE-CROSS

2&3 Step forwards on R, L, R while sweeping L to front
4&5 Cross L over R (squaring to 12.00), ¼ turn left & step R backwards (9.00), ¼ turn left & slide L to side (6.00)
6&7 Step R next to L, Step L forwards, ½ turn left & step R backwards while sweeping L to back
8&1 Cross L behind R, Step R to side, Cross L over R (body alignment to 1.30)

Session 4 - RECOVER-SIDE-CROSS, RECOVER-STEP, ½ PIVOT IN PLACE (x3)

2&3 Recover onto R, Squaring & step L to side (12.00), Cross R over L (body alignment to 10.30)
4&5 Recover onto L, Squaring & step R to side (12.00), Step L forwards
6&7& Step R forwards, ½ turn left & step L in place (6.00), Step R forwards, ½ turn left & step L in place (12.00)
8& Step R forwards, ½ turn left & step L in place (6.00)

RESTART: Wall 6 & 7 after the counts of 2& with step changing (facing 6.00)

2& Recover onto R, Step L to side while dragging R inward

Happy dancing

Dancing from the heart

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