

Just Always

COPPERKNOB
BY SHEETS

拍数: 88 墙数: 1 级数: Advanced
编舞者: Jonno Liberman (USA) - September 2024
音乐: Always - Armaan Malik & Calum Scott



Intro: 16 counts

[1-8] Weave, Hitch, Point, 3/4 Sweep, Weave, Collect, Rond de Jambe (3:00)

1&2& Cross R behind L, Step L left, Cross R over L, Slightly hitch L
3, 4 Point L to left, Turn 1/4 left as you step onto L and continue rotating 1/2 as you sweep R from back to front (3:00)
5&6& Cross R over L, Step L left, Cross R behind L, Step L left
7, 8 Collect R to L, R Rond de Jambe clockwise

[9-16] Walk x2, Rock, Recover, Back, 1/2, 1/4 Sway, Sway, Slide, Cross w/Point, Passé (6:00)

1, 2 Step R forward, Step L forward
3&4 Rock R forward, Recover back onto L, Step R back
&5, 6 Turn 1/2 left as you step L forward (9:00), Turn 1/4 left as you step R right (6:00), Sway left
7, 8& Sway right as you slide L to R, Cross L behind R as you lift and point R to right, Bend R knee bringing R toward L knee (prepping to cross R behind L on 1)

[17-32] Repeat Counts 1-16 (12:00)

Repeat counts 1-16 beginning at 6:00 and finishing at 12:00.

[33-40] Sailor, Cross Back, Side Press, 1/4, 1/2, 1/4 w/Reach, Collect w/Hand to Chest, Side w/Hand Drag, Collect (12:00)

1&2 Cross R behind L, Step L left, Step R right
&3 Cross L behind R, Press R right
4& Turn 1/4 left as you step onto L (9:00), Turn 1/2 left as you step back on R (3:00)
5, 6 Turn 1/4 left as you step L out and reach R hand forward (12:00), Close R hand into a fist and place it over your heart as you collect R to L
7, 8 Step R to right as you slide R hand across chest from left to right allowing hand to open, Collect L to R

Styling: For counts 6-8, have your head follow your R hand; look forward, slightly down left, and move across to slightly down right.

[41-48] Nightclub Basic x2, Side, Cross Back, 1/8, Half Circle Run (4:30)

1, 2& Step L left, Step R slightly behind L, Cross L over R
3, 4& Step R right, Step L slightly behind R, Cross R over L
5, 6 Step L left, Cross R behind L, Step L left opening slightly to 10:30
7&8& Make a 1/2 circle right as you step RLRL (4:30)

[49-56] 1/8 Sweep, Lunge, 1/4 Weave, 3/4 Unwind w/Heaven Arm, Full Rewind (6:00)

1, 2 Turn 1/8 right as you step R forward and sweep L from back to front (6:00), Cross L over R as you lunge toward the corner
3& Recover back onto R, Turn 1/4 left as you step L forward
4-5 Cross R over L as you begin a two count unwind over L shoulder - as you unwind, lower your R hand from chest level toward waist and bring it back up again with palm facing 'to the heavens'. Bend your knees as the hand goes down, rise back up as the hand goes up.
6, 7-8 Hold, Unwind over R shoulder as you repeat counts 4-5 but in reverse, finishing with weight on R.

[57-64] Repeat Counts 41-48 (10:30)

Repeat counts 41-48 beginning at 6:00 and finishing at 10:30

[65-72] 1/8 Sweep, Lunge, 1/4 Weave, 3/4 Unwind w/Falling Arms, Rise, Prep (12:00)

- 1, 2 Turn 1/8 right as you step R forward and sweep L from back to front (12:00), Cross L over R as you lunge toward the corner
- 3& Recover back onto R, Turn 1/4 left as you step L forward
- 4-5 Cross R over L as you begin a two count unwind over L shoulder - begin with hands down and palms facing body, and raise hands up almost to eye level as you unwind, switch to have palms facing forward as if feeling an invisible wall in front of you.
- 6, 7 Turn hands toward you and close them into fists, Collapse body downward as you lower hands,
- 8 Raise back up as you step R right to prep for turn on count 1

[73-80] 1/4, Spiral, Step, Rock, Recover, 1/2, Spiral, Step, Rock, Recover (9:00)

- 1, 2 Turn 1/4 left as you step L forward, Step R forward into a full spiral turn finishing with L hooked over R (3:00)
- 3, 4& Step L forward, Rock R forward, Recover back onto L
- 5, 6 Turn 1/2 right as you step R forward, Step L forward into a full spiral turn finishing with R hooked over L (9:00)
- 7, 8& Step R forward, Rock L forward, Recover back onto R

Advanced Option:

- 1-2 Turn 1/4 left as you step L forward and full turn for two counts styling free leg with arabesque, rondé, coupé, or similar (3:00)
- 3, 4& Extend R toe and R hand forward, Rock R forward, Recover back onto L
- 5, 6 Turn 1/2 right as you step R forward and full turn for two counts styling free leg with arabesque, rondé, coupé, or similar (9:00)
- 7, 8& Extend L toe and L hand forward, Rock L forward, Recover back onto R

On First Repetition

[81-88] Left Lunge, Recover, Cross, Place Hands in Front, Bend Knees & Lower Hands, Sway x2, Cross, Point, Passe (12:00)

- 1, 2 Turn 1/4 left as you lunge L left (12:00), Turn 1/8 right as you recover onto R (1:30)
- 3& Cross L over R as you place R hand front with palm forward, place L hand matching R, as if feeling an invisible wall in front of you
- 4, 5, 6 Collapse body downward and lower hands down as you turn hands toward you and close them into fists, Step back onto R as you raise up, Turn 1/8 left as you step L left and sway slightly (12:00)
- 7, 8& Sway right, Cross L behind R as you lift and point R to right diagonal, Bend R knee bringing R toward L knee (prepping to cross R behind L on 1)

On Second Repetition and Ending

[81-88] Left Lunge, Recover, Cross, Place Hands in Front, Bend Knees & Lower Hands, Sway, Prep (12:00)

- 1, 2 Turn 1/4 left as you lunge L left (12:00), Turn 1/8 right as you recover onto R (1:30)
- 3& Cross L over R as you place R hand front with palm forward, place L hand matching R, as if feeling an invisible wall in front of you
- 4-5 Over two counts, collapse body downward and lower hands down as you turn hands toward you and close them into fists
- 6, 7 Step back onto R as you raise up, Turn 1/8 left as you step L left and sway slightly (12:00)
- 8 Step R right to prep for the Ending

ENDING: After the end of the second repetition, repeat counts 73-88. Instead of prepping on the last count, simply step R to right finishing with weight on both feet as you bring both hands up with palms facing shoulders then lower them forward and all the way down.

Dance Your Yaaas Off

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