

Always (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Paula Frohn (USA) & Michael Silva (USA)
音乐: Easy For Me To Say - Clint Black & Lisa Hartman



Position: Start OLOD, starting on the vocals

TWO SHUFFLES FORWARD, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1&2 Step right foot forward, step left foot next to right foot, step right foot forward
3&4 Step left foot forward, step right foot next to left foot, step left foot forward
5-6 Rock right foot forward, replace weight back onto left foot
7-8 Rock right foot back, replace weight back onto left foot

TRIPLE WITH LADY TO FACE, ROCK, RECOVER, TRIPLE WITH LADY BACK TO SIDE-BY-SIDE, ROCK, RECOVER

9&10 **MAN:** Raise right arm over lady's head, triple in place right-left-right
 LADY: Turn ½ left, triple to face man right-left-right

Now in cross arm position

11-12 **MAN:** Rock left foot forward, replace weight onto right foot
 LADY: Rock left foot back, replace weight onto right foot
13&14 **MAN:** Raise right arm over lady's head, triple in place left-right-left
 LADY: Turn ½ right, triple to man's right side left-right-left
29-30 **BOTH:** Rock right foot back, replace weight back onto left foot

TWO WINDMILLS

17&18 Release left hands & raise right arms over lady's head, turn ½ left and triple right-left-right
19&20 Pick up left hands & release right hands, turn ½ left and triple left-right-left

Now facing LOD, pick up right hands & release left hands

21&24 Repeat steps 17-20

Pick up lady's right hand

CROSS, TOUCH, CROSS, TOUCH, JAZZ BOX

25-26 Cross step right foot in front of left foot, touch left toe to left side
27-28 Cross step left foot in front of right foot; touch right toe to right side
29-30 Cross step right foot in front of left foot; step left foot back
31-32 Step right foot to right side; step left foot forward

REPEAT

VARIATIONS FOR 21-24

"Easy" variation: one windmill, two shuffle forward

"Another" variation

21&22 **MAN:** Keep right hands raised, step right foot forward; step left foot next to right foot; step right foot forward
 LADY: Turn ½ left, step right foot back; step left foot next to right foot; step right foot back
23&24 **MAN:** Step left foot forward; step right foot next to left foot; step left foot forward
 LADY: Turn ½ left, step left foot forward; step right foot next to left foot, step left foot forward