

Always Mend

拍数: 32 墙数: 4 级数: Improver
编舞者: Audrey Watson (SCO)
音乐: Broken Hearts Always Mend - Daniel O'Donnell



LEFT SIDE TOGETHER FORWARD HOLD, RIGHT LOCK FORWARD HOLD, FORWARD ROCK BACK HOLD, ½ TURN SHUFFLE RIGHT HOLD

1&2 Step left to left side, step right next left, step forward on left, hold for a beat
3&4 Step forward on right, lock left behind, step forward on right, hold for a beat
5&6 Rock forward on left, step back on right, step back on left, hold for a beat
7&8 Right ½ turn shuffle stepping right, left, right hold for a beat

CHASSE LEFT HOLD, BACK ROCK SIDE HOLD, BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

1&2 Step left to left side, step right next left, step left to left side, hold for a beat
3&4 Rock right back behind left, step forward on left, step right to right side, hold for a beat
5&6 Step left behind right, step right to right side, cross left over right, hold for a beat

Restart dance here on for fourth repetition

7&8 Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

LEFT SIDE TOGETHER FORWARD HOLD, FORWARD ROCK BACK HOLD, BACK ROCK FORWARD HOLD, SIDE ROCK ¼ TURN TOGETHER HOLD

1&2 Step left to left side, step right next left, step forward on left, hold for a beat
3&4 Rock forward on right, step back on left, step back on right, hold for a beat
5&6 Rock back on left, step forward on right, step forward on left, hold for a beat
7&8 Rock right to right side, rock weight on to left turning ¼ turn left, step right next left, hold for a beat

CHASSE LEFT HOLD, BACK ROCK SIDE HOLD. BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

1&2 Step left to left side, step right next left, step left to left side, hold for a beat
3&4 Rock right back behind left, step forward on left, step right to right side, hold for a beat
5&6 Step left behind right, step right to right side, cross left over right, hold for a beat
7&8 Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

REPEAT

RESTART

On the fourth repetition dance up to count 12, then do

5&6 Step left behind right, step right to right side, touch left toe next right foot
