Always Together (P)



编舞者: Jeff Mills (UK) & Thelma Mills (UK) 音乐: I've Been Better - Brad Paisley



Position: Side By Side Position

STEP LOCK, LEFT SHUFFLE, ROCK STEP, ½ SHUFFLE TURN

1-2 Step left leg forward at 45 degrees, step & lock right leg behind left leg

3&4 Left shuffle forward left, right, left

5-6 Step & rock forward on right, recover weight onto left 7&8 ½ shuffle turn to right (right, left, right) into RLOD

STEP LOCK, LEFT SHUFFLE, ROCK STEP, ½ SHUFFLE TURN

9-10 Step left-leg forward at 45deg, step & lock. Right leg behind left leg

11&12 Left shuffle forward left, right, left

13-14 Step & rock forward on right, recover weight onto left 15&16 ½ shuffle turn to right (right, left, right) into LOD

On count 15, drop left hand & raise right hands & return to side by side position on completion of ½ shuffle turn

14 TURN & 14 SHUFFLE TURN TWICE

17-18 Step left forward making a ¼ turn to right to face OLOD (man is now behind lady), step right

behind left

21-22 Step right forward turning a ¼ turn to left to face ILOD (lady is now behind man), step left

behind right

23&24 ½ shuffle turn to right (right, left, right) into LOD

(MAN) ROCK STEPS; (LADY) 2 X 1/2 STEP & PIVOT

25-26 MAN: Step & rock forward onto left, recover weight onto right

LADY: Step forward left, pivot ½ turn to right

27-28 MAN: Step & rock back onto left, recover weight onto right

LADY: Step forward left, pivot ½ turn to right

On count 25 drop left hands & raise right & return to side by side position on completion of lady's steps & pivots

ROCK STEP, COASTER STEP

29-30 Step & rock forward onto left, recover weight onto right

31&32 Step back onto left, step right next to left, step forward onto left

(MAN) 2 X 1/2 STEP & PIVOT; (LADY) ROCK STEPS

33-34 MAN: Step forward right, pivot ½ turn to left

LADY: Step & rock forward onto right, recover weight onto left

35-36 Stop forward right, pivot ½ turn to left

LADY: Step & rock back onto right, recover weight onto left

On count 33, drop right hands & raise left hands & return to side by side position on completion of man's steps & pivots

ROCK STEP, COASTER STEP

37-38 Step & rock forward onto right, recover weight onto left

39&40 Step back onto right step right next to left, step forward onto right

SHUFFLE TURN, WINDMILL SHUFFLE TURN RIGHT SHUFFLE

41 Step left forward making a ¼ turn to the right to far OLOD

Man is now behind lady. Extend out arms to prepare for windmill turn & step right next to left

42 Step left forward making a ¼ turn to left back into LOD

43&44 ½ shuffle windmill turn to left moving down LOD right, left, right

45&46 ½ shuffle windmill turn to left moving down LOD left, right, left

47&48 Right shuffle forward right, left, right

During counts 43 to 46, arms to remain extended & rejoin to create windmill turn & return to side by side position during counts 47&48

REPEAT