

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - May 2009
音乐: Always - AySel & Arash : (CD: Single or 'Eurovision Song Contest 2009)



Intro: 16 counts from main rhythm

KICK-BALL-POINT, COASTER, SCUFF-HITCH-BACK, ¼ TURN IN TWISTS WITH KICK

1&2 Kick right forward, step right beside left, point left to left
3&4 Step left back, step right beside left, step left forward
5&6 Scuff right forward, hitch right, step right back
7&8 Make ¼ turn right twisting heels left, right, left and kicking right to right diagonal on final twist

SAILOR ¼ TURN, STEP, ½ SPIN TURN, SHUFFLE, ¼ TURN, SIDE MAMBO

9&10 Step right behind left, make ¼ turn right and step left to left, step right forward
11-12 Step left forward, spin ½ turn left and hitch right
13&14 Shuffle forward stepping right, left, right
15&16 On ball of right spin ¼ turn right and rock left to left, recover onto right, step left beside right

CROSS, SIDE, BEHIND, SIDE, HEEL JACK, CROSS, ¼ TURN, ¼ TURN-SIDE SHUFFLE

17-18 Step right across left, step left to left
19&20& Step right behind left, step left to left, touch right heel diagonally forward right, step right beside left
21-22 Step left across right, make ¼ turn left and step right back
23&24 Make ¼ turn left and step left to left, step right beside left, step left to left

CROSS ROCK, SIDE ROCK, CROSS-SIDE-ROCK, CROSS, ½ PADDLE TURN

25&26& Rock right across left, recover onto left, rock right to right, recover onto left
27&28 Step right across left, rock left to left, recover onto right
29 Step left across right
30-32 On ball of left make ½ turn left touching right to right three times

(add hip emphasis during paddle turn)

TAG (insert after count 16 of wall 6, facing 6.00)

1-3 Walk forward stepping right, left, right
4-6 Make ¼ turn left and walk forward stepping left, right, left