

Always Be This Way

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Michele Godard (FR) - February 2012
音乐: Always Be This Way - Martina McBride : (CD: Eleven)



Intro : 32 counts

SIDE ROCK, BACK, KICK, SLOW COASTER, BRUSH

1-2 Rock Right on right side, recover onto left
3-4 Step back on right, kick Left forward
5-6 Step back on left, Step right close left
7-8 Step Left forward, brush right forward

STEP, LOCK, STEP, BRUSH, ½ TURN PIVOT R, STEP

1-2 step right forward, Step left behind right
3-4 step right forward, brush left forward
5-6 Step Left forward, pivot ½ turn right stepping right forward
7-8 Step Left forward, step right forward,

TOE STRUTS ¼ TURN R, STEP, MAMBO ½ TURN L, HOLD

1-2 Step left toe forward. Drop left heel taking weight.
3-4 Make ¼ turn right stepping right toe forward. Drop right heel taking weight.
5-6 Step Left forward, recover onto right
7-8 Make ½ turn left stepping left forward, hold

KICK AND POINT, HOLD (2X)

1-2 Kick right forward. Step right beside left.
3-4 Point left on left side, hold
5-6 Kick left forward, Step left beside right.
7-8 Point right on right side, hold

Restart here : wall 3 (9:00)

CROSS SHUFFLE, HOLD, SIDE ROCK, CROSS HOLD

1-4 Cross right over left, step left on left side, cross right over left, hold
5-8 Rock left on left side, recover onto right, cross left over right, hold

¾ TURN L, KNEE POP

1-2 Make ¼ turn on left stepping right back, make ¼ turn left stepping left forward
3-4 Make ¼ turn on left stepping right on right side, hold
5-8 Turn left knee inward, turn right knee inward, left, right (weight on left)

MAMBO CROSS, HOLD (2X)

1-4 Cross right over left, recover onto left, step right on right side, hold
5-8 Cross left over right, recover onto right, step left on left side, hold

PADDLE ¼ TURN LEFT, ROCKING CHAIR

1-4 Touch right to right side, 1/8 turn left on left 2x (push hips)
5-6 Rock forward on right, recover onto left, rock back on right, recover onto left,

TAG : after wall 4 (12:00) repeat the last eight counts,