

Always Stay

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tina Argyle (UK) - May 2013
音乐: Always Be This Way - Martina McBride : (Album: Eleven - iTunes)



Count In : 32 counts from start of track - start dancing with lyrics (approx 12 seconds in)

Right Mambo Fwd. Left Coaster Step. Kick & Point, Hitch. Left Jazz Box

1&2 Rock fwd right, recover back onto left, step back right
3&4 Step back left, step back right, step fwd. left.
5&6 Kick right fwd, step down right in place, point left toe to left side
& Hitch left knee
7&8 Cross left over right, step back right, step left to left side. (12 o'clock)

*** Re start here Wall 2 facing 3 o'clock - & Wall 4 facing 6 o'clock

Mambo Cross Rock ¼ Turn Right. ½ Shuffle Turn . Right Coaster Step Hitch. Left Lock Fwd.

1&2 Cross rock right over left, recover weight onto left, make ¼ turn right stepping fwd right. (3 o'clock)
3&4 Make ½ turn right stepping back left, close right at side of left, step back left. (9 o'clock)
5&6 Step back right, step back left, step fwd right.
& Hitch left knee (scooting slightly fwd on right if you feel energetic!! J)
7&8 Step fwd left, lock right behind left, step fwd left.

*** Re start here Wall 7 facing 9 o'clock

Vaudeville x 2. & Tap & Heel, Coaster Step, Ball Step

1&2 Cross right over left, step back left to left diagonal, touch right heel to right diagonal
& Step right in place
3&4 Cross left over right, step right back to right diagonal, touch left heel to left diagonal
&5 Step left in place, touch right at side of left
&6 Step right back to right diagonal, touch left heel to left diagonal
7&8 Step back left, step back right, step fwd left
&1 Step together right step fwd left.

Step Fwd Right. Left Mambo ½ Turn Left. 2 x ½ pivot Turns (or Mambo Fwd) , Kick, Coaster Step.

2 Step forward right
3&4 Rock fwd onto left, recover weight back onto right, ½ turn left stepping fwd left (3 o'clock)
5&6 Step fwd right, ½ turn left onto left, (9 o'clock) ½ turn left stepping back right (3 o'clock)

Alternative for counts 5&6:- mambo fwd right, recover onto left, step back right.

& Low kick left fwd
7&8 Step back left, step back right, step fwd left.

Tag: End of Wall 5 facing 9 o'clock add 2 x ½ pivot turns (4 counts)

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