

Always On My Mind

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - November 2023
音樂: Always on My Mind (feat. towty) - nourii : (Spotify/Apple Music/YouTube Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 32 counts)

[S1] Point, Step w/ Sweep 1/2L, Touch, Unwind 1/2L, Shuffle Back, 1/4R Fwd-1/4R Side Rock

1 2 Point R to the side, Step forward on R making a ½ turn left as you sweep L foot around (6:00)
3 4 Touch back on L, Make a ½ turn left taking your weight on R (12:00)
5&6 Shuffle back on L-R-L
7&8 Make a ¼ turn right stepping forward on R (3:00), Make a ¼ turn right stepping (rock) L to the side (6:00), Replace weight on R

[S2] Cross Toe Strut, Kick-Ball, Cross Toe Strut w/ Push, Recover, Sailor 1/4L Turn

1 2 Touch/cross L toe over R, Drop L heel
3& Kick diagonally right forward on R, Ball step R in place
4 5 6 Touch/cross L toe over R, Drop L heel down as you press on the right foot, Replace weight on R
7&8 Making a ¼ turn left step L behind R (3:00), Step R beside L, Step forward on L

[S3] Step-Pivot 1/2L, 1/2L Back-Side Rock, Back, Heel-&-Fwd-Tap-Tap-

1 2 Step forward on R, Make a ½ turn left recover weight on L (9:00)
3&4 Make a ½ turn left stepping back on R (3:00), Rock L to the side, Replace weight on R
5 6& Step back on L, Touch R heel forward, Ball step R in place
7&8& Step forward on L, Tap R toe behind L twice (&8), Step L beside R

[S4] 1/4L Shuffle Fwd, Step-Pivot 1/4L, Cross-Side-Back Rock, Step-1/2R Point-&- (Point R on count 1 to start)

1&2 Making a ¼ turn left shuffle forward on L-R-L (12:00)
3 4 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
5&6& Cross R over L, Step L to the side, Rock back on R, Replace weight on L
7 8& Step forward on R making a ½ turn right (3:00), Point L to the side, Step L next to R

Ending suggestion: Dance up to count 14 (12:00), Sailor step on the spot.

(updated: 22/Nov/23)