

Always Running

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Michael Lynn (UK) - August 2024
音樂: Always on the run - ISAAK

牆數: 2

級數: Phrased Intermediate



(8 count intro - 3 secs approx)

Sequence: AAB AAB AA AA
Version 1.2

Part A

SEC 1 Walk, Walk, Anchor Step, 1/2 Turn, 1/4 Turn, Weave

1-2 Step right forward, step left forward
3&4 Rock right back, recover weight onto left, step right back
5-6 Turn 1/2 left step left forward, turn 1/4 left step right to right (3:00)
7&8 Step left behind right, step right to right, cross left over right

SEC 2 Side, Touch Behind, 1/4 Step, 1/2 Tic Tac, 1/2 Step, 1/2 Shuffle

1-2 Step right to right, touch left behind right (as you look to 6pm, throwing right hand to right side & click fingers)
3 Turn 1/4 left step left forward (12:00)
4&5 Step forward right, swivel left heel in as you make 1/4 left, swivel right heel out as you make 1/4 left taking weight back on right (6:00)
6 Turn 1/2 left step left forward (12:00)
7&8 Turn 1/4 left step right to right, step left beside right, turn 1/4 left step right back (6:00)

SEC 3 Back Rock, Step 1/4 Pivot Cross, 3/4 Hinge, Shuffle, Step

1-2 Rock left back, recover weight onto right
3&4 Step left forward, pivot 1/4 right transferring weight on to right, cross left over right (9:00)
5 Step right to right turn 3/4 left lifting left leg (12:00)
6&7 Step left forward, step right beside left, step left forward
8 Step right forward

SEC 4 Rock, Coaster Step, Step, 1/2 Pivot, Step, Lock/Pop

1-2 Rock left forward, recover weight onto right
3&4 Step left back, step right beside left, step left forward
5-6 Step right forward, pivot 1/2 left transferring weight on to left (6:00)
7-8 Step right forward, lock left behind right as you pop right knee

Part B (Always danced to the front wall)

SEC 1 Step Drag, Step Drag, Step, 1/2 Pivot, Full Turn

1-2 Step right forward dragging left towards right over 2 counts
3-4 Step left forward dragging right towards left over 2 counts
5-6 Step right forward, pivot 1/2 left transferring weight on to left (6:00)
7-8 Turn 1/2 left step right back, turn 1/2 left step left forward (6:00)

SEC 2 Step, 1/2 Sweep, Step, 1/2 Sweep Hitch, Step, Step, 1/2 Pivot, Step

1-2 Step forward right making a 1/2 turn left as you sweep left from front to back
3&4 Step back left making a 1/2 turn right as you sweep & hitch right
5-6 Step right forward, step forward left
7-8 Pivot 1/2 right transferring weight on to right, step forward left (12:00)

SEC 3 Fallaway Diamond

- 1&2 Cross right over left, step left to left, turn $\frac{1}{8}$ right step right back (1:30)
3&4 Step left back, turn $\frac{1}{8}$ right step right to right, turn $\frac{1}{8}$ right step left forward (4:30)
5&6 Step right forward, turn $\frac{1}{8}$ right step left to left, turn $\frac{1}{8}$ right step right back (7:30)
7&8 Step left forward, turn $\frac{1}{8}$ right step right to right, turn $\frac{1}{4}$ right step left to left (12:00)

SEC 4 Syncopated Cross Rocks, Rock, Back Drag

- 1-2& Cross rock right over left, recover weight onto left, step right to right
3-4& Cross rock left over right, recover weight onto right, step left to left
5-6 Rock right forward, recover weight onto left
7-8 Step right back dragging left heel towards right, step left beside right

NOTE: The dance fits to both the short Eurovision Edit at 3:01 & the 3:30. You just add another 2 walls of A if you use the longer version.

Last Update – 3 Sept. 2024 – R1
