

Constant Love

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Advanced
編舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - January 2025
音樂: Constant (feat. Chandler Moore) - Maverick City Music, Jordin Sparks & Anthony Gargiula



Intro: Start after 8 counts. App. 7 sec. into track. Start with weight on R foot
Sequence: A, A, B, A, A, B, A, A, B, A, A with Ending

A Part: 32 counts, 2 walls. Starts facing 12:00 and 6:00

[1 – 8] L fwd, step turn turn, ¼ L, cross side, 1/8 R back rock, sway X2, full turn L, fwd L

1 Step L fwd (1) ... Styling: when stepping L fwd do an arabesque lifting R leg backwards 12:00
2&3& Step R fwd (2), turn ½ L stepping L fwd (&), turn ½ L stepping back on R (3), turn ¼ L stepping L to L side (&) 9:00
4& Cross R over L (4), step L to L side (&) 9:00
5 – 6& Turn 1/8 R rocking back on R (5), recover on L with a body sway fwd (6), recover back on R with a body sway back (&) 10:30
7 – 8& Recover on L but turning ½ L at the same time keeping R leg straightened and back (7), step back on R (8), turn ½ L on R stepping L fwd (&) 10:30

[9 – 17] Rock R fwd & side w. 1/8 R, back sweep, behind hitch, point R back, R rock, run RLR

1&2& Rock R fwd (1), recover on L (&), turn 1/8 R rocking R to R side (2), recover on L (&) 12:00
3 – 4 Step back on R sweeping L to L side (3), cross L behind R hitching R knee up and out R (4) 12:00
5 - 6 - 7 Turn body 1/8 R pointing R back (5), R back rock looking over R shoulder (6), recover on L (7) ... Styling for counts 5-6-7: go down on R leg leaning backwards (5-6), stand up on L (7) 1:30
8&1 Run fwd R (8), run fwd L (&), run fwd R flicking L behind R knee (1) ... Styling: bring both arms fwd and together over counts 8&1 1:30

[18 – 24] Run back LR, 1/8 L side rock, behind ¼ R X 2, L lunge, R rolling vine into R basic nc

2& Step back on L (2), step back on R (&) 1:30
3& Turn 1/8 L rocking L to L side (3), recover on R (&) 12:00
4&5 Cross L behind R (4), turn ¼ R stepping R fwd (&), turn ¼ R lunging L to L side (5) 6:00
6& Turn ¼ R stepping R fwd (6), turn ½ R stepping back on L (&) 3:00
7 – 8& Turn ¼ R stepping R a big step to R side (7), step L behind R (8), cross R over L (&) 6:00

[25 – 32] ¼ R back L, back RL tog, hand, fwd R, 3/8 R, R back rock, 3/8 L, ¼ L w. sways, touch

1 – 2& Turn ¼ R stepping back on L sweeping R to R side (1), step back R (2), step L next to R (&) 9:00
a3 Place R hand on L shoulder (a), slide R hand down L arm (3) ... Styling: body opens up to L 9:00
4& Step R fwd (4), turn ¼ R stepping L to L side (&) 12:00
5 – 6& Turn 1/8 R rocking back on R (5), recover on L (6), turn 3/8 L stepping back on R (&) 9:00
7 – 8& Turn ¼ L stepping L to L side with body sway (7), sway body R (8), touch L next to R (&) ... Styling for the & count: slightly crouch body down turning it diagonally R to prep for count 1 - 6:00

B Part: 16 counts/1 wall. Always starts facing 12:00

[1 – 8] ¾ Diamond with a turning variation, sway X3

1, 2&3 Step L to L side (1), turn 1/8 R stepping back on R (2), step back on L (&), turn 3/8 R stepping R fwd but also turning ½ R hitching L knee at the same time (3) 12:00
4&5 Step back on L (4), turn 3/8 R stepping R fwd (&), turn 1/8 R stepping L to L side (5) 6:00

6&7 Turn 1/8 R stepping back on R (6), step back on L (&), turn 1/8 R stepping R to R side swaying body R (7) 9:00

8& Sway body L (8), sway body R (&) 9:00

[9 – 16] ¼ L fwd L, step turn step, step turn turn, R back rock, fwd/up on R, run LR

1, 2&3 Turn ¼ L stepping L fwd (1), step R fwd (2), turn ½ L stepping onto L (&), step fwd on R (3) 12:00

4&5 Step fwd on L (4), turn ½ R stepping onto R (&), turn ½ R stepping back on L (5) 12:00

6&7 Rock back on R (6), recover on L (&), step R fwd rising up on ball of R hitching L (7) 12:00

8& Step down on L (8), step fwd on R (&) 12:00

Start again

Ending Start your 8th A (facing 6:00). Do up to counts 16&, then step R fwd (1), turn ½ L staying on R and turn 1/8 L stepping L to L side placing R hand on L shoulder and slide it down L arm 12:00
