

Always Be

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Best of Friends - Dave Sheriff



This dance was written for Alison Bathgate from Grafton NSW who sent me the music. Thanks Alison

SIDE STEP TOGETHER, ¼ SHUFFLE, ROCK RETURN, COASTER STEP

1-2-3&4 Step right to right, step left beside right, making ¼ right shuffle forward right, left, right
5-6 Rock/step forward on left, rock back on right
7&8 Step back on left, step right beside left, step forward on left (coaster)

STEP PIVOT ¼, STEP TO DIAGONAL TOUCH, STEP BACK TOUCH, STEP SWEEP FORWARD

9-10 Step forward on right, pivot ¼ left transferring weight to left
11-12 Step right forward towards left diagonal, touch left toe forward towards left diagonal
13-14 Step back on left still facing left diagonal, touch right toe back
15-16 Step right forward (still on diagonal), sweep left in an arc towards the front (weight on right)

¼ BOX STEP, SIDE STEP TOUCH/CLAP, SIDE STEP TOUCH/CLAP

17-18 Step left across right, making ¼ left step back on right (now facing 9:00)
19-20 Step left to left, touch right beside left
21-24 Step right to right, touch left beside right/clap, step left to left, touch right beside left/clap

SIDE SHUFFLE, STEP BEHIND SIDE, CROSS ROCK/RETURN, ¼ TURN TOUCH BESIDE

25-28 Shuffle right stepping right, left, right, step left behind right, step right to right
29-32 Cross/rock left over right, rock back on right, making ¼ left step forward on left, touch right beside left

STEP BACK HEEL FORWARD, STEP FORWARD TOUCH, SIDE STEP TOGETHER, STEP FORWARD TOUCH

33-36 Step back on right, touch left heel forward, step forward on left, touch right beside left

Restart on wall 4

37-38 Step right to right, step left beside right
39-40 Step forward on right, touch left beside right

STEP BACK HEEL FORWARD, STEP FORWARD TOUCH, SIDE STEP TOGETHER, STEP FORWARD TOUCH

41-44 Step back on left, touch right heel forward, step forward on right, touch left beside right
45-46 Step left to left, step right beside left
47-48 Step forward on left, touch right beside left

BACK LOCK BACK, HEEL FORWARD, BACK LOCK BACK, HEEL FORWARD

49-52 Step back on right, lock/step left in front of right, step back on right, touch left heel forward
53-56 Step back on left, lock/step right in front of left, step back on left, touch right heel forward

BACK LOCK BACK, HEEL FORWARD, ROCK RETURN, STEP FORWARD TOUCH

57-60 Step back on right, lock/step left in front of right, step back on right, touch left heel forward
61-64 Rock/step back on left, rock forward on right, step forward on left, touch right beside left

REPEAT

RESTART

Restart on wall 4 after count 36
