

# Always In The Band

COPPERKNOB  
BYEPOSTHEAT

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Roy Thompson (UK)  
音樂: Always In the Band - Lonestar



## COASTER STEP, PIVOT ¼ CROSS, SIDE, BACK ROCK RECOVER, ¼ TURN, ½ TURN, TOGETHER

1&2      Step back on right, step left next to right, step forward on right  
3&4      Step forward on left, pivot ¼ turn right, cross left over right  
5      Step right to right side  
6&7      Rock left behind right, recover on right, ¼ turn right stepping back on left  
8&      ½ turn right stepping forward on right, step left next to right

## SIDE, BACK ROCK RECOVER SIDE, BEHIND SIDE CROSS, SWAY RECOVER BEHIND, 1 ¼ TURN

1      Step right to right side  
2&3      Rock left behind right, recover on right, step left to left side  
4&5      Step right behind left, step left to left side, cross right over left  
6&7      Rock left to left side, recover on right(&), step left behind right  
8&1      ¼ turn right stepping forward on right, ½ turn right stepping back on left, ½ turn right stepping forward on right

### Alternate:

8&1      Make ¼ turn right then step lock step

## JAZZ BOX ¼ TURN, EXTENDED WEAVE, BACK ROCK RECOVER, FULL TURN RIGHT

2&3      Cross left over right, step back on right, ¼ turn left stepping left to left side  
4&5      Cross right over left, step left to left side, step right behind left  
&6&      Step left to left side, cross right over left, step left to left side  
7&      Rock right behind left, recover on right  
8&1      ¼ turn right stepping forward on right, ½ turn right stepping back on left, ¼ turn right stepping right to right side

### Alternate:

8&1      Chasse to the right

## CROSS ROCK RECOVER SIDE, CROSS SHUFFLE, ¼ TURN BACK, ¼ STEP LOCK STEP, TOGETHER

2&3      Cross rock left over right, recover on right, step left to left side  
4&5      Cross right over left, step left to left side, cross right over left  
6      ¼ turn right stepping back on left  
7&8      ¼ turn right stepping forward on right, lock left behind right, step forward on right  
&      Step left next to right

## REPEAT

## TAG

4 counts after wall 3 (facing back wall)

## 4 SWAYS

1-4      Sway right, left, right, left

## RESTART

After the tag, dance the first 8 counts, then restart (facing back wall), (the beat will kick back in)