

# Always Mend

COPPER KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Audrey Watson (SCO)  
音樂: Broken Hearts Always Mend - Daniel O'Donnell



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## LEFT SIDE TOGETHER FORWARD HOLD, RIGHT LOCK FORWARD HOLD, FORWARD ROCK BACK HOLD, ½ TURN SHUFFLE RIGHT HOLD

1&2      Step left to left side, step right next left, step forward on left, hold for a beat  
3&4      Step forward on right, lock left behind, step forward on right, hold for a beat  
5&6      Rock forward on left, step back on right, step back on left, hold for a beat  
7&8      Right ½ turn shuffle stepping right, left, right hold for a beat

## CHASSE LEFT HOLD, BACK ROCK SIDE HOLD, BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

1&2      Step left to left side, step right next left, step left to left side, hold for a beat  
3&4      Rock right back behind left, step forward on left, step right to right side, hold for a beat  
5&6      Step left behind right, step right to right side, cross left over right, hold for a beat

### Restart dance here on for fourth repetition

7&8      Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

## LEFT SIDE TOGETHER FORWARD HOLD, FORWARD ROCK BACK HOLD, BACK ROCK FORWARD HOLD, SIDE ROCK ¼ TURN TOGETHER HOLD

1&2      Step left to left side, step right next left, step forward on left, hold for a beat  
3&4      Rock forward on right, step back on left, step back on right, hold for a beat  
5&6      Rock back on left, step forward on right, step forward on left, hold for a beat  
7&8      Rock right to right side, rock weight on to left turning ¼ turn left, step right next left, hold for a beat

## CHASSE LEFT HOLD, BACK ROCK SIDE HOLD. BEHIND SIDE CROSS HOLD, SIDE ROCK ¼ TURN LEFT TOGETHER HOLD

1&2      Step left to left side, step right next left, step left to left side, hold for a beat  
3&4      Rock right back behind left, step forward on left, step right to right side, hold for a beat  
5&6      Step left behind right, step right to right side, cross left over right, hold for a beat  
7&8      Rock right to right side, rock weight on to left turning ¼ left, step right next left, hold for a beat

## REPEAT

## RESTART

### On the fourth repetition dance up to count 12, then do

5&6      Step left behind right, step right to right side, touch left toe next right foot

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