

Always On Your Side

COPPER KNOB
BY STEPHEN HETS

拍數: 40 牆數: 4 級數: Intermediate nightclub
編舞者: Tina Argyle (UK)
音樂: Always On Your Side (feat. Sting) - Sheryl Crow



Start dancing 8 counts from start of track on the word "yesterdays"

LONG STEP TO RIGHT SIDE, ROCK BACK LEFT, RECOVER, LONG STEP TO LEFT SIDE, MODIFIED SAILOR ½ TURN RIGHT INTO 2 X WALKS FORWARD, STEP ½ PIVOT TURN, 2 X RUNS FORWARD

- 1-2& Take a long step right to right side, rock back onto left, recover weight onto right
3-4& Take a long step long left to left side, cross right behind left, make ¼ turn right, make further ¼ turn right, step left to left side
5-6 Step forward right, step forward left
7&8& Step forward right, ½ pivot turn onto left, run forward right, forward left

ROCK FORWARD, RIGHT, RECOVER, SWITCH, ROCK FORWARD, RECOVER, ¼ TURN LEFT, CROSS, SIDE, RIGHT SAILOR STEP, CROSS BEHIND

- 1-2& Rock forward right, recover, step right at side of left taking weight
3-4& Rock forward left, recover, ¼ turn left stepping left to left side
5-6 Cross right over left, step left to left side
7&8& Cross right behind left, step left to left side, step right in place, cross left behind right

LONG STEP TO RIGHT SIDE, ROCK BACK LEFT, RECOVER, LONG SIDE STEP LEFT, ROCK BACK RIGHT, RECOVER SIDE, BEHIND ¼ TURN RIGHT, STEP ½ PIVOT RIGHT, TRIPLE FULL TURN RIGHT TRAVELING FORWARD, OR LEFT LOCK STEP WITH SWEEP AT THE END

- 1-2& Take a long step right to right side, rock back onto left, recover weight onto right
3-4& Take a long step left to left side, rock back onto right, recover weight onto left
5-6 Step right to right side, cross left behind right
&7& Make ¼ turn right stepping forward right, step forward left, ½ pivot turn right onto right
8&1 Make a triple full turn traveling forward stepping left, right, left
Or do a left lock step, as you finish the turn (or lock step) when you step forward, left on count 1 - sweep the right leg round at the same time ready for count 2 in next section

CROSS, BACK, BACK WITH SWEEP, CROSS, BACK, BACK, CROSS, BACK & CROSS, STEP SIDE

- 2&3 Cross right over left, step back left, step back right
As you step back right on count 3 sweep the left leg round at the same time ready for count 4
4&5 Cross left over right, step back right, step back left
6-7& Cross right over left, step directly back onto left, step right in at side of left
8& Cross left over right, step right to right side

CROSS ROCK, RECOVER, SIDE STEP, CROSS ROCK, RECOVER, ¼ TURN, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER

- 1-2& Cross rock left over right, recover weight onto right, step left to left side
3-4& Cross rock right over left, recover weight onto left, ¼ turn right stepping right to right side
5-6-7 Cross rock left over right, recover weight onto right, step left to left side
8& Cross rock right over left, recover

REPEAT

TAG

At the end of walls 1, 2 & 4

- 1-4 Walk round in a full circle turning to the right stepping right, left, right, left

Dedicated to a special friend x

