

Always There

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Irene Groundwater (CAN)
音樂: Always There (Rumba / 26 BPM) - Ross Mitchell, His Band and Singers



SIDE, ROCK BACK, REPLACE, SIDE STEP

1-2 Side step left, rock back on right ball
3-4 Replace weight on left, side step right

DRAG, CROSS WITH ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, FORWARD

5-6 Drag left towards right, left crosses over right turning body ¼ turn right
7-8 Pivot ½ turn right onto right, left forward

DRAG, FORWARD, PIVOT ½ TURN LEFT, FORWARD

9-10 Drag right towards left, right forward
11-12 Pivot ½ turn left onto left, right forward

PIVOT ¼ TURN LEFT, DRAG, TWO TOE TOUCHES

13-14 Pivot ¼ turn left on right ball, drag left beside right
15-16 Touch left toe twice in front of right foot facing left

Option

14-16 Execute a body ripple or forward body roll

HOLD, FORWARD, ROCK BACK, ROCK FORWARD

17-18 Hold, left forward
19-20 Rock back on right, rock forward on left

Option

18 Raise left hip up
19 Lower left hip
20 Raise left hip

DRAG, FORWARD, ROCK BACK, ROCK FORWARD

21-22 Drag right towards left, right forward
23-24 Rock back on left, rock forward on right

Option

22 Raise right hip up
23 Lower right hip
24 Raise right hip

DRAG, FORWARD, FORWARD, PIVOT ½ TURN LEFT

25-26 Drag left towards right, left forward
27-28 Right forward, pivot ½ turn left onto left foot

DRAG, FORWARD, SIDE, TOGETHER

29-30 Drag right towards left, right forward
31-32 Side step left, step right beside left

REPEAT

Dedicated to Vicky McCulloch and her special girls from Victoria, B.C. whose moves inspired the options in this dance