

Always Have & Always Will

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Di Roods (AUS) - July 2014
音樂: Always Have, Always Will - Ace of Base



(24 count intro) (weight on L) □ □

SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE, BACK ROCK

1 & 2, Side shuffle to Right : R,L,R,
3,4 Step L back, rock fwd on R
5 & 6, Side shuffle to Left : L,R,L,
7,8 Step R back, rock fwd on L

SHUFFLE FWD, PIVOT TURN, PIVOT TURN, FWD, TOUCH

1 & 2 Shuffle fwd :R,L,R
3, 4, 5, 6 Pivot: Step L fwd, turn ½ R ,Pivot: Step L fwd, turn ½ R
7, 8 Step L fwd, touch R beside L

FRIEZE R ¼, FRIEZE L

1, 2, Step R to R side, step L behind R,
3, 4 turn ¼ R step R fwd, scuff L beside R
5, 6, Step L to L side, step R behind L,
7, 8 step L to L side, touch R beside L

DOUBLE HIPS R, DOUBLE HIPS L, HIPS – R,L,R,L

1, 2 Step R to R side – push hips R, push hips R
3,4 Push hips L, push hips L
5, 6 Push hips R, push hips L
7, 8 Push hips R, push hips L □ **restart – wall 1 & 4**

FWD, ROCK, ¼R FWD, ROCK, BACK, ROCK, SHUFFLE FWD

1,2 Step R fwd, rock back on L
3,4 turn ¼ R – step R fwd, rock back on L
5, 6 step R back, rock fwd on L
7, 8 shuffle fwd: R,L,R

FWD ROCK, ¼L FWD ROCK, ¼L FWD ROCK, COASTER STEP

1, 2 Step L fwd, rock back on R
3, 4 turn ¼ L – step L fwd, rock back on R
5, 6 turn ¼ L – step L fwd, rock back on R
7, 8 Coaster step: step L back, step R beside L, step L fwd

PIVOT TURN, SHUFFLE FWD, FWD, ¼ TURN R, CROSS SHUFFLE

1,2, Pivot turn: Step R fwd, turn ½ L (take weight on L)
3 & 4 Shuffle fwd: R,L,R
5, 6, step L fwd, turn ¼ R taking weight on R
7 & 8 Cross shuffle L over R : L,R,L

FRIEZE R, FRIEZE L

1, 2, Step R to R side, step L behind R,
3, 4 step R to R side, touch L beside R
5, 6, Step L to L side, step R behind L,

7, 8 step L to L side, stomp(up) R beside L (weight remains on L)
(alternate count 5, 6, 7, 8 – rolling frieze L)

RESTARTS :

WALL 1 – dance to count 32, restart facing 3.00

WALL 4 – dance to count 32, restart facing 12.00

ENDING : dance to count 31 then push hips Left making ¼ turn L

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