

Always On My Mind

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Phrased Intermediate
編舞者: Des Ho (SG) & Johnson Koo (SG) - August 2014
音樂: Always On My Mind - Adelen



Sequence: AAB, A, (Hold - 4 count), AAB, AA Tag.

Intro: 16 counts

(Note: Don't be frightened by the no. of counts in the dance. it's just an intermediate level dance!)

Part A - 32 counts

S1- Cross, kick, cross toe strut, L scissor cross & cross, 1/4R fwd

1 2 Cross Lf over Rf, kick Rf to R diagonal.
3 4 Touch Rf over Lf, step on ball on Rf.
5& 6 Step Lf to L side, step Rf next to Lf, cross Lf over Rf.
&7 8 Step Rf to R side in small step, cross Lf over Rf, make ¼ turn R Step Rf fwd. (3.00)

S2- Forward pivot 1/2R, fwd shuffle, cross, side press, body roll & ball turn 1/4L, hitch Lf

1 2 Step fwd on Lf, make pivot ½R. (9.00)
3& 4 Step fwd on Lf, step Rf behind Lf. step Lf fwd.
5 6 Cross Rf over Lf, press ball of Lf to L side (style:lift left shoulder up).
7 8 Body roll to ¼ turn L weight on Rf and , hitch up on Lf. (6.00)

S3- Step back, cross & heel, 1/4L & heel, together, forward pivot 1/2L, step fwd

1 2 Step back on Lf, cross Rf over Lf.
&3&4 Recover on Lf. step R heel to R diagonal, make ¼ turn L step back on Rf, step L heel to L diagonal. (3.00)
5 6 Step Lf near to Rf, step fwd on Rf.
7 8 Make pivot ½L, step fwd on Rf. (9.00)

S4- Stomp, point, monterey half turn right, point, jazz box 1/2 turn L

1 2 Stomp Lf next to Rf, point Rf to R side.
3 4 Monterey turn ½R, point Lf to L side.
5 6 Cross Lf over Rf, Step back on Rf. **9W**
7 8 Make ¼ turn L & step on Lf, make ¼ turn L step Rf to R, Transfer weight to Rf. (9.00)

****9W** - Change S4 last 4 counts to Jazz box no turn**

At Wall 9 Section 4:

5 6 - Cross Lf over Rf, Step back on Rf.
7 8 - Step Lf to L side, step fwd on Rf. (9.00)

Part B - 64 counts

S1- L Big Step Back, Drag Together, Back Rock, R Big Step Forward, Drag Together, Cross Rock. (6:00)

1 2 Big step back on Lf, Drag Rf near Lf.
3 4 Rock back on Rf, Recover on Lf.
5 6 Big step fwd on Rf, Drag Lf near Rf.
7 8 Cross fwd over Lf, Recover on Rf

S2- Big Step to L Side, Drag Together, Back Rock, Big Step to R Side, Drag Together, Fwd Rock (6:00)

1 2 Big Step to Lf side, Drag Rf to Lf
3 4 Cross Rf behind Lf, Recover on Lf
5 6 Big Step to Rf side, Drag Lf to Rf
7 8 Step fwd on Lf, Recover on Rf

S3- Repeat S1.

S4- Repeat S2.

S5- Back Point, Back Point, Jazz Box

- 1 2 Step back on Lf, Point Rf toe to R side.
- 3 4 Step back on Rf, Point Lf toe to L side.
- 5 6 Cross Lf over R, Step back on Rf.
- 7 8 Step Lf to L, Step Fwd on Rf.

S6- Cross Point, Cross Point, Jazz Box

- 1 2 Cross Lf over R, Point Rf toe to R side
- 3 4 Cross Rf over L, Point Lf toe to L side
- 5 6 Cross Lf over R, Step back on Rf,
- 7 8 Step Lf to L side, Step fwd on Rf

S7- Rocking Chair, Paddle ¼ Turn, Paddle ¼ Turn

- 1 2 Step fwd on Lf, Recover on Rf.
- 3 4 Step back on Lf, Recover on Rf
- 5 6 Step fwd on Lf, Turn 1/4R stepping on Rf. (9.00)
- 7 8 Step fwd on Lf, Turn 1/4R steppin on Rf. (12.00)

S8- Cross Step, Cross Heel Strut, Cross Heel Strut, Sway Sway

- 1 2 Cross Lf over R, Step Rf to R,
- 3& 4 Cross Lf over Rf, Lift both Heels (&), Lower both Heels and feet down
- 5& 6 Cross Rf over Lf, Lift both heels (&), Lower both heels and feet down
- 7 8 Step to L & Sway Lf to L side, Sway Rf to R side (weight on R)

Tag. - 16 Counts

S1- Forward pivot 1/4R, Rhumba Box, Moon Walk (or back slide) x 2

- 1 2- Step fwd on Lf, make pivot turn 1/4R step on Rf. (12.00)
- 3 4- Step Lf next to Rf, step fwd on Rf.
- 5 6- Step & Press Lf next to Rf, (weigh on Lf) Drag Rf backward (A La MJ)
- 7 8- Step & Press Rf next to Lf (weigh on Rf), Drag Lf backward

S2- Moon Walk (or back slide) x 2, out out in in

- 1 2- Step & Press Lf next to Rf, Drag Rf backward.
- 3 4- Step & Press Rf next to Lf, Drag Lf backward.
- 5 6- Step Lf forward & L diagonal out, step Rf to R side,
- 7 8- Step back in on Lf, step Rf next to Lf.

(Option: point R hand up on (8) & pose)

End of dance & Enjoy!

Contact choreographers at: beaverct@gmail.com

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