# Always Gold (zh)

**Compte:** 32 **Mur:** 4 **Niveau:** Intermediate
**Chorégraphe:** Scott Blevins (USA) - 2011年01月
**Musique:** Second Sight - Club des Belugas : (CD: Swop)

前奏： 32 count intro, start when the drums kick in and they speak the lyrics, “Where were you born again?”
32拍後唱“Where were you born again?”時起跳

**第一段**

1-2&3 1) Rock forward R; 2) Recover weight back on L; &) Turn ¼ right stepping side R [3:00]; 3) Step L across R
右足前下沉, 左足回復, 右轉90度右足右踏(面向3點鐘), 左足於右足前交叉踏

4&5 “Side step pivot ½”: 4) Step side R; &) Start ½ turn left switching weight to L; 5) Finish ½ turn left stepping side R and pushing right hip out to side [9:00]
右足右踏, 左轉180度重心在左足, 右足右踏右推臀(面向9點鐘)

6-7 6) Lead with knee and hip to step side L; 7) Step R across L
左足左踏左推臀, 右足於左足前交叉踏

8& 8) Turn ¼ left rocking forward L [6:00]; &) Recover weight back on R 左轉90度左足前下沉(面向6點鐘), 右足回復

**第二段**

1-3 1) Step back L; 2) Turn ¼ right stepping side R [9:00]; 3) Step L across R 左足後踏, 右轉90度右足右踏(面向9點鐘), 左足於右足前交叉踏

4&5 4) Turn ¼ right rocking forward R [12:00]; &) Recover weight back on L; 5) Turn 3/8 right stepping forward R [5:00 diagonal]
右轉90度右足前下沉(面向12點鐘), 左足回復, 右轉135度右足前踏(面向5點鐘)

6-a7 6) Step forward L [5:00 diagonal]; a) Bring R foot up into “figure 4” (toe of R at calf of L) as you start ¾ turn right on ball of L foot; 7) Finish ¾ turn and step side R [facing 1:00 diagonal]
左足前踏(面向5點鐘)右足呈數字4的形狀(右足趾在左小腿位置)準備右轉270度, 結束右轉270度右足右踏(面向1點鐘)

8& 8) Rock L across R; &) Recover weight back on R [1:00 diagonal]
左足於右足前交叉下沉, 右足回復(面向斜角1點鐘)

**第三段**

1-3 1) Step side L [square up to 12:00]; 2) Step R across L; 3) Turn ½ right on ball of R ending with L toe pointed to left side [6:00]
左足左踏(面向12點鐘), 右足於左足前交叉踏, 右轉180度左足趾左點(面向6點鐘)

4&5 4) Rock L across R; &) Recover weight back on R; 5) Turn ¼ left stepping forward L [3:00]
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向3點鐘)

6-7 6) Turn ¼ left stepping side R [12:00]; 7) “Flick” L foot behind R calf/knee 左轉90度右足右踏(面向12點鐘), 左足於右膝後勾

8& 8) Rock side L; &) Recover weight onto R
左足左下沉, 右足回復

**第四段**

1-3 1) Step forward L; 2) Turn ¼ left rocking side R [9:00]; 3) Recover weight to L 左足前踏, 左轉90度右足右下沉(面向9點鐘), 左足回復

4&5 4) Step R across L; &) Turn ¼ right stepping back L [12:00]; 5) Turn ½ right stepping forward R [6:00]
右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘), 右轉180度右足前踏(面向6點鐘)

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| 6-7 | 6) Rock forward L; 7) Recover weight back on R<br>左足前下沉, 右足回復 |
| &8& | &) Step back L; 8) Turn ¼ right stepping forward R [9:00]; &) Step forward<br>左足後踏, 右轉90度右足前踏(面向9點鐘), 左足前踏 |

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