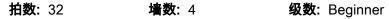
Always Is



编舞者: Kathryn Sloan (AUS) - September 2014

音乐: Everything I Shouldn't Be Thinking About - Thompson Square : (Album: Just Feels Good - 2:58)

Starts 16 counts in on vocals, with weight on left, travels in clockwise direction - 116 BPM

[1 - 8] Toe strut, toe strut, toe strut, toe strut (12.00)

- 1,2,3,4 Point R toe forward, drop R heel, point L toe forward, drop L heel
- 5,6,7,8 Point R toe forward, drop R heel, point L toe forward, drop L heel

[9 - 16] Side, together, back, touch, side, together, forward, touch (12.00)

- 1,2,3,4 Step R to right side, step L beside R, step R back, touch L beside R
- 5,6,7,8 Step L to left side, step R beside L, step L forward, touch R beside L

[17 - 24] Rocking chair, pivot half, walk, walk * (6.00)

- Rock forward on R, replace weight to L, rock back on R, replace weight to L 1,2,3,4
- 5,6,7,8 Step R forward, turning 180° left transferring weight to L, step R forward, step L forward*

[25 - 32] Vine right, vine left $\frac{1}{4}$, scuff \Box (3.00)

- 1,2,3,4 Step R to right side, step L behind R, step R to right side, touch L beside R
- Step L to left side, step R behind L, turning 90° left step L forward, scuff R beside L 5,6,7,8

Repeat

Restarts:-

On walls 3 and 6 Restart after 24 counts *

(You will be facing the back wall for both restarts and be restarting the dance from the front wall)

NOTE:-

I originally choreographed this to the Thompson Square version of this track which is not yet available in Australia, there are a number of version on itunes – all of which the dance fits to.

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Version 1



