

Always Tomorrow

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Heather Frye (CAN)
音乐: Always Tomorrow - Nobody's Angel



SIDE TOE STEPS IN PLACE

- 1-2 Step left toes to left side and take weight, step right toes to right side and take weight
Each step should be slightly wider than shoulder width
3-4 Touch left toes to left side, step left heel down
5-6 Step right toes to right side and take weight, step left toes to left side and take weight
7-8 Touch right toes to right side, step right heel down

LEFT SAILOR, RIGHT SAILOR, CROSS LEFT BEHIND RIGHT, UNWIND FULL TURN LEFT, STEP SIDE RIGHT, DRAG LEFT TO RIGHT

- 1&2 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
3&4 Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
5-6 Cross left behind right, unwind full turn to the left keeping weight on left
Alternate steps: step left beside right (5) touch right beside left (6)
7-8 Step large step to right side, slide left up to right keeping weight on right

CROSS, HOLD, CROSS, HOLD, SYNCOPATED WEAVE LEFT

- &1-2 Take small step back on left, cross step right over left, hold
&3-4 Take small step to side on left, cross step right behind left, hold
&5&6 Take small step to side on left, cross step right over left, take small step to side on left, cross step right behind left
&7&8 Take small step to side on left, cross right over left, take small step to side on left, cross step right behind left (take weight)

STEP OUT LEFT, RIGHT, HOLD, CROSS, HOLD, UNWIND HALF TURN LEFT, HIP BUMPS

- &1-2 Small step to left on left, small step to right on right, hold
Feet are shoulder width apart
&3-4 Small step back on left, cross right over left, hold
&5&6 Unwind half turn to left, bump hips to right, bump hips to left, bump hips right
&7&8 Bump hips left, bump hips right, bump hips left, bump hips right
When bumping hips keep knees slightly bent and move slightly up and down making a slight c pattern - weight ends up on right

STEP FORWARD LEFT ON AN ANGLE, TOUCH RIGHT BESIDE, SHUFFLE SIDE RIGHT ¼ TURN RIGHT, STEP FORWARD LEFT ½ TURN RIGHT, HIP BUMPS

- 1-2 Step left forward and on a slight angle, touch right beside left
3&4 Shuffle side right, left beside, right making ¼ turn to the right
5-6 Step forward left, turn ½ turn to the right keeping weight back on left
7&8 Bump hips forward right, bump hips back left, bump hips forward right and take weight on right

STEP FORWARD LEFT ON AN ANGLE, TOUCH RIGHT BESIDE, SHUFFLE SIDE RIGHT ¼ TURN RIGHT, STEP FORWARD LEFT ½ TURN RIGHT, HIP BUMPS

- 1-2 Step left forward and on a slight angle, touch right beside left
3&4 Shuffle side right, left beside, right making ¼ turn to the right
5-6 Step forward left, turn ½ turn to the right keeping weight back on left

7&8& Bump hips forward right, bump hips back left, bump hips forward right, bump hips back left and take weight on left

STEP FORWARD RIGHT, LEFT, RIGHT KICK BALL CHANGE, HEEL, CROSS TOE TOUCH, STEP FORWARD RIGHT, ¼ TURN TO LEFT ON RIGHT FOOT

1-2 Step forward right, step forward left
3&4 Kick forward right, step right back, step left in place
5-6 Touch right heel forward, cross hook right toes over left touching toes across the left
7-8 Step forward right, pivot turn ¼ turn to left on right foot keeping weight on right

SHUFFLE SIDE LEFT, ROCK STEP BEHIND, PADDLE ¼ TURN (X 4) COMPLETING A FULL TURN LEFT, TAKE WEIGHT ON RIGHT

1&2 Left step side left, right step next to left, left step side left
3-4 Rock back on ball of right foot behind left heel, left step in place
5-6 With weight on left paddle ¼ turn to left, paddle ¼ turn to left
7-8 Paddle ¼ turn to left, paddle ¼ turn to left and take weight on right

You will have completed a full turn left

REPEAT

TAG

At the end of the 5th wall (facing 9:00) after completing the paddle turn, you will have to add another full paddle turn (4 counts) and then start again in order to stay in phrase with the music. (this tag only applies to the dance when using the song "Always Tomorrow").
