

# Always

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Laura Sway - Sept 2015

**Music:** Always by Atlantic Starr [album: 80's Groove Volume III]

**Notes: make sure you use this version of the music as it's the shortest one.**

**COUNT IN: 15secs**

**[1-8] Step back R, sweep L. Behind side cross, R right rock side recover cross R over L. Step L  $\frac{1}{4}$  R, Step R  $\frac{1}{2}$  R step L  $\frac{1}{2}$  R. ( 3.00) run forward R,L,R**

**1 2&3step back on the Right sweeping left foot from front to back (1) Step left behind right (2) step right to right side (&) step left over right (3)**

**4&5rock right to right side (4) recover onto left (&) cross right over left (5)**

**6&7&8step back on the left making  $\frac{1}{4}$  right (6) step forward on the right making  $\frac{1}{2}$  turn right (&) step back slightly on the left making  $\frac{1}{2}$  turn right (7) (3.00), run forward right (&) left (8)right (&)**

**[9-16] Step L sweeping R, Cross back back, rock L over recover step L to L side sliding R to L, lunge R, pencil turn L, big step R dragging L to R.**

**1 2&3step weight onto left sweeping right foot from back to front (1) step right over left (2) step back on the left (&) step right slightly to right side (3)**

**4&5 6rock left across right (4) recover weight onto right (&) step left to left side dragging right to left (5) lunge right to right side (6)**

**7 8** As you recover turn a full turn over left shoulder with two straight legs keeping weight on the left, (7) big step right dragging left to right (8)

**[17-24] rock L over R, recover, step L , rock R over L , recover, step R, step L making  $\frac{3}{4}$  turn R sweeping R , step touch, shuffle forward L.**

**1 2&rock left across right (1) recover weight onto right (2) step left to left side (&)**

**3 4&rock right across left (3) recover weight onto left (4) step right to right side (&)**

**5 6**making  $\frac{3}{4}$  turn on the left foot, cross left over right and turn over right shoulder sweeping right leg from front to back (5) step back on right (6)

**& 7&8**touch left in front of right (&) shuffling forward stepping forward on the left (7) step right to left (&) step forward on the left (8)

**[24-32] rock forward recover step R  $\frac{1}{2}$  R, rock forward recover step L  $\frac{1}{4}$  L, walk R,L, rock R forward, recover, step R forward turning  $\frac{1}{2}$  R, step back left turning  $\frac{1}{2}$  R.**

**1&2** Rock forward on the right (1) recover onto left (&) step forward on the right making  $\frac{1}{2}$  turn right (2)

**3&4** Rock forward on the left (3) recover weight onto right (&) step forward on the left making  $\frac{1}{4}$  turn left (4)

**5 6**walk forward Right (5) , left (6)

**7&8&**rock forward on the right (7) recover weight onto left (&) step forward on the right making  $\frac{1}{2}$  turn right (8) step back on the left making  $\frac{1}{2}$  turn right (&)