

## Always In The Band

32 count, 2 wall, intermediate level

Choreographer: Roy Thompson (UK) Jan 2007  
Choreographed to: Always In The Band by Lonestar,  
CD: Mountains (64 bpm)

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12 Count Intro (On Vocals)

**COASTER STEP. PIVOT 1/4 CROSS. SIDE. BACK ROCK RECOVER. 1/4 TURN. 1/2 TURN. TOGETHER**

1 & 2 Step Back On Right, Step Left Next To Right, Step Forward On Right  
3 & 4 Step Forward On Left, Pivot 1/4 Turn Right, Cross Left Over Right  
5 Step Right To Right Side  
6 & 7 Rock Left Behind Right, Recover On Right, 1/4 Turn Right Stepping Back On Left  
8 & 1/2 Turn Right Stepping Forward On Right, Step Left Next To Right

**SIDE. BACK ROCK RECOVER SIDE. BEHIND SIDE CROSS. SWAY RECOVER BEHIND. 1 1/4 TURN**

1 Step Right To Right Side  
2 & 3 Rock Left Behind Right, Recover On Right, Step Left To Left Side  
4 & 5 Step Right Behind Left, Step Left To Left Side, Cross Right Over Left  
6 & 7 Rock Left To Left Side, Recover On Right(&), Step Left Behind Right  
8 & 1 1/4 Turn Right Stepping Forward On Right, 1/2 Turn Right Stepping Back On Left,  
1/2 Turn Right Stepping Forward On Right

(Alternate 8&1 Make 1/4 Turn Right Then Step Lock Step)

**JAZZ BOX 1/4 TURN. EXTENDED WEAVE. BACK ROCK RECOVER. FULL TURN RIGHT**

2 & 3 Cross Left Over Right, Step Back On Right, 1/4 Turn Left Stepping Left To Left Side  
4 & 5 Cross Right Over Left, Step Left To Left Side, Step Right Behind Left  
& 6 & Step Left To Left Side, Cross Right Over Left, Step Left To Left Side  
7 & Rock Right Behind Left, Recover On Right  
8 & 1 1/4 Turn Right Stepping Forward On Right, 1/2 Turn Right Stepping Back On Left,  
1/4 Turn Right Stepping Right To Right Side

(Alternate 8&1 Chasse To The Right)

**CROSS ROCK RECOVER SIDE. CROSS SHUFFLE. 1/4 TURN BACK. 1/4 STEP LOCK STEP. TOGETHER**

2 & 3 Cross Rock Left Over Right, Recover On Right, Step Left To Left Side  
4 & 5 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left  
6 1/4 Turn Right Stepping Back On Left  
7 & 8 1/4 Turn Right Stepping Forward On Right, Lock Left Behind Right, Step Forward On Right  
& Step Left Next To Right

**TAG:** 4 Counts After Wall 3 (Facing Back Wall)

**4 SWAYS**

1 - 4 Sway Right, Left, Right, Left

**RESTART:** After The Tag, Dance The First 8 Counts. Then Restart (Facing Back Wall).  
(The Beat Will Kick Back In)