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E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Always Is

32 Count, 4 Wall, Beginner

Choreographer: Kathryn Sloan (Aus) Sept 2014

Choreographed to: Everything I Shouldn't Be Thinking About  
by Thompson Square, Album: Just Feels Good  
(116 bpm - 2.58 mins)

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**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)**

1,2,3,4 Rock forward on R, replace weight to L, rock back on R, replace weight to L

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 ¼, scuff (3.00)**

1,2,3,4 Step R to right side, step L behind R, step R to right side, touch L beside R

5,6,7,8 Step L to left side, step R behind L, turning 90° left step L forward, scuff R beside L

**Restarts: On walls 3 and 6 Restart after 24 counts \***

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

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Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768<sup>\*charged at 10p per minute</sup>