

ALWAYS BE THIS WAY

Choreographers
E-mail / Website
Album
Artist/Source
Release / Speed
Footwork / Difficulty
Rhythm/Level

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Eleven
Martina McBride
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Opposite unless noted
Two-Step Phase II

Website: www.gusdefore.com
Track 02 - Always Be This Way
Download: Itunes.com or Amazon.com
Speed Normal Time 3:25
Degree Of Difficulty - Average

Sequence: Intro A Inter1 B Inter1 A(1-8) C B Inter2 B Ending

INTRO

{BFLY WALL} WAIT 2 MEAS ;; FC TO FC ; BK TO BK ; BASKETBALL TRN TO BFLY ;; OP VN 4 to FC ;;
1-8 In BFLY WALL Wait 2 Meas ;; [FC TO FC] Sd L , cls R , sd L trn 1/2 LF (W RF) to bk to bk pos,-;
[BK TO BK] Sd R , cls L , sd R trn 1/2 RF (W LF) to BFLY WALL,-; [BASKETBALL TRN] In BFLY Lunge sd L,-,
rec R trng RF (W LF) to LOP RLOD,-; Lunge L RLOD,-, rec R trng RF (W LF) end BFLY WALL,-;
[OP VN 4] Sd L,-, XRIB (W XLIB) to LOP RLOD,-; Trng to fc ptr sd L,-, XRIF (W XLIF) end FCG PTR,-;

PART A

{FCG PTR} CIRCLE CHASE TO COH ;; CIRCLE CHASE TO WALL ;; TRAVELING DOOR ;; TRAVELING DOOR ;;
1-16 [CIRCLE CHASE TO COH] Start a LF circular pattern fwd L, cls R, fwd L (W behind M fwd R, cls L, fwd R),-;
Fwd R, cls L, fwd R completing a 1/2 cir to fc RLOD (W fwd L, cls R, fwd L end fcg RLOD by M's left sd),-;
[CIRCLE CHASE TO WALL] M blend behind W cont cir LF fwd L, cls R, fwd L (W in front of M fwd R, cls L, fwd R),-;
Cont cir LF Fwd R, cls L, fwd R (W fwd L, cls R, fwd L trng LF to fc COH & ptr) end in BFLY WALL,-;
[TRAVELING DOOR] BFLY WALL Rk sd L,-, rec R,-; XLIF, sd R, XLIF (W XRIF, sd L, XRIF),-;
[TRAVELING DOOR] Rk sd R,-, rec L,-; XRIF, sd L, XRIF (W XLIF, sd R, XLIF) end in BFLY WALL,-;
NOTE: 2nd time thru PART A meas 8 end in SCP LOD
CIRCLE CHASE ;;;; TRAVELING DOOR 2X ;;;;
[CIRCLE CHASE] Repeat Action of meas 1 thru 4 of PART A;;;;
[TRAVELING DOOR 2X] Repeat Action of meas 5 thru 8 of PART A;;;;

INTERLUDE 1

{BFLY WALL} CIR AWAY 2 TWO STEPS ;; STRUT TOG IN 4 ;;
1-4 [CIR AWAY 2-2's] Release ptr and circle away LF (W RF) fwd L , cl R , fwd L,-; Fwd R , cl L, fwd R end 6 ft apart fcg RLOD,-;
[STRUT TOG IN 4] Fcg RLOD cont to circle LF (W RF) twd ptr strutting action fwd L,-, R,-; L,-, R,-;
NOTE: 1st time thru INTER 1 end in CP WALL;;;; 2nd time thru INTER 1 end in BFLY WALL;;;;

PART B

{CP WALL} LEFT TURNING BOX ;;;; SOLO LEFT TURNING BOX ;;;; LACE ACROSS ; FWD 2 STEP ; HITCH DBL ;;
1-16 [LEFT TRNG BOX] CP WALL Sd L, cls R, fwd L trng LF ¼ fc LOD,-; Sd R, cls L, bk R trng LF ¼, fc COH,-;
Sd L, cls R, fwd L trng LF ¼ fc RLOD,-; Sd R, cls L, bk R trng LF ¼ end fcg PTR & WALL NO HNDS JND,-;
[SOLO LEFT TRNG BOX] Fcg ptr NO HNDS JND Sd L, cls R, fwd L trng LF ¼ fc LOD (W fc RLOD),-; Sd R, cls L, bk R
trng LF ¼, fc COH (W fc WALL),-; Sd L, cls R, fwd L trng LF ¼ fc RLOD (W fc LOD),-; Sd R, cls L, bk R trng LF ¼ end FCG PTR,-;
[LACE ACROSS] Join lead hnds fwd L , cls R , fwd L (W fwd R , cls L , fwd R XIF of M und jnd lead hnds) to end in LOP LOD,-;
[FWD 2 STEP] LOP LOD Fwd R , cls L , fwd R to end in LOP LOD,-; [HITCH DBL] LOP LOD Fwd L, cls R , bk L,-;
Bk R, cls L , fwd R end LOP LOD,-;
FWD LK FWD 2X ;; LACE BACK ACROSS ; FWD 2 STEP to BFLY ;
[FWD LK FWD 2X] LOP LOD Fwd L , XRIB, fwd L,-; Fwd R , XLIB , fwd R end in LOP LOD,-;
[LACE BACK ACROSS] Change hnds fwd L , cls R , fwd L (W fwd R , cls L , fwd R XIF of M und jnd trailing hnds)
to end in OP LOD,-; [FWD 2 STEP] OP LOD Fwd R , cls L , fwd R to end in BFLY WALL,-;

INTERLUDE 2

{BFLY WALL} FC TO FC ; BK TO BK ; BASKETBALL TRN TO BFLY ;; OP VN 8 to CP ;;;; {CP WALL}
1-8 [FC TO FC] BFLY WALL sd L , cls R , sd L trn 1/2 LF (W RF) to bk to bk pos,-; [BK TO BK] Sd R , cls L , sd R trn 1/2 RF (W LF)
to BFLY WALL,-; BASKETBALL TRN] In BFLY Lunge sd L,-, rec R trng RF (W LF) to LOP RLOD,-; Lunge L RLOD,-,
rec R trng RF (W LF) end BFLY WALL,-; [OP VN 8] Sd L,-, XRIB (W XLIB) to LOP RLOD,-; Trng to fc ptr sd L,-, XRIF (W XLIF)
end BFLY WALL,-; Cont Sd L,-, XRIB (W XLIB) to LOP RLOD,-; Trng to fc ptr sd L,-, XRIF (W XLIF) end CP WALL,-;

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PART C

{SCP LOD} 2 FWD 2 STEPS ;; 2 TRNG 2 STEPS to CP LOD ;; SCIS SCAR ; WLK OUT 2 ; SCIS BJO ; WLK IN 2 ;
1-10 [2 FWD 2 STEPS] SCP LOD fwd L , cls R , fwd L ,;-; Fwd R , cls L , fwd R ,;-; [2 TRNG 2'S] BLEND TO CP Sd L trng RF, cls R trng RF, bk L ,;-; Sd R trng RF, cls L trng RF, fwd R end in CP LOD ,;-;
[SCIS SCAR] In CP LOD sd L, cls R, XLIF (W XRIB) to SCAR DLW ,;-; [WLK OUT 2] SCAR DLW Fwd R,-; fwd L ,;-;
[SCIS BJO] In SCAR DLW sd R, cls L XRIF (W XLIB) to BJO DLC ,;-; [WLK IN 2] In BJO DLC Fwd L ,;-; Fwd R ,;-;
HITCH 3 ; HITCH SCIS ; {SCP LOD}
[HITCH 3] In BJO DLC Fwd L, cls R , bk L,-; [HITCH SCIS] In BJO DLC Bk R, cls L , fwd R
(W Fwd L, trng RF sd R , cont RF trn Fwd L) end in loose SCP DLC getting ready to blend to CP Wall ,;-;

ENDING

{BFLY WALL} CIR AWAY 2 TWO STEPS ;; STRUT TOG IN 4 ;; VN 3 & TCH ; WRAP 3 & TCH ; UNWRAP 3 & TCH ;
1-21 [CIR AWAY 2-2's] Release ptr and circle away LF (W RF) fwd L , cl R , fwd L ,;-; Fwd R , cl L , fwd R end 6 ft apart fcg RLOD ,;-;
[STRUT TOG IN 4] Fcg RLOD cont to circle LF (W RF) twd ptr strutting action fwd L,-, R ,;-; L,-, R end BFLY WALL ,;-;
[VN3 & TCH] BFLY WALL sd L LOD, XRIB, sd L, tch R ; [WRAP 3 & TCH] Sd R RLOD, XLIB, sd R trn LF to fc LOD, tch L
(W wrap trng LF L, R, L trn RF to fc LOD tch R) keep hnds jnd M's L & W's R hnds over W's head & M's R & W's L
hnds jnd at waist level; [UNWRAP 3 & TCH] Release M's L & W's R hnds in plc L, R, L, tch R unwrap W to arms
length to end fcg LOD (W unwrap trn RF R, L, R, tch L to end fcg COH);
CHNG SIDES 3 & TCH ; VN 3 & TCH ; WRAP 3 & TCH ; UNWRAP 3 & TCH ; CHNG SIDES 3 & TCH ; {BFLY WALL}
[CHNG SIDES 3 & TCH] Under M's R & W's L jnd hnds roll RF R, L, R, tch L to BFLY COH (W roll LF to BFLY WALL);
[VN3 & TCH] repeat action of meas 5 of ENDING ; [WRAP 3 & TCH] repeat action of meas 6 of ENDING ;
[UNWRAP 3 & TCH] repeat action of meas 7 of ENDING ; [CHNG SIDES 3 & TCH] repeat action of meas 8 of ENDING ;
FC TO FC ; BK TO BK ; BASKETBALL TRN to CP ;; BOX ;; QK DIP BACK & REC ; TWIRL 2 ; APART PT ;
[FC TO FC] BFLY WALL sd L , cls R , sd L trn 1/2 LF (W RF) to bk to bk pos,-; [BK TO BK] Sd R , cls L , sd R trn 1/2 RF (W LF)
to BFLY WALL ,;-; [BASKETBALL TRN] In BFLY Lunge sd L ,-, rec R trng RF (W LF) to LOP RLOD ,;-; Lunge L RLOD ,-,
rec R trng RF (W LF) end CP WALL ,;-; [BOX] Sd L , cls R , fwd L ,;-; Sd R , cls L , bk R end in CP WALL ,;-;
[QK DIP BK & REC] CP WALL Bk L flexing knees (W fwd R) ,;-; Rec fwd on R ,;-;
[TWIRL 2] Blend to LOP LOD Fwd & sd L to fc WALL & PTR ,-, fwd & sd R (W trn RF one full turn under
jnd lead hnds R ,-, L) ,;-; [APART PT] FCG WALL Apart L ,-, pt R twd ptr ,;-;