It's Ok

Count: 72	**Wand:** 2	**Ebene:**

Choreograf/in: Margaret Murphy (AUS)

Musik: Its Ok - Atomic Kitten

DOUBLE HIP BUMPS RIGHT, LEFT, RIGHT, LEFT
1&2-3&4   Double hip bumps to the right, double hip bumps to the left
5&6-7&8   Repeat last 4 beats (12:00)

POINTS, SWEEPS AND SAILOR STEPS
1-2-3&4   Point right toe forward, sweep around into a right sailor step
5-6-7&8   Point left toe forward, sweep around into a left sailor step (12:00)

ROCK FORWARD & BACK, ROLL A FULL TURN TO THE RIGHT AND LEFT
1-2-3-4   Rock across left with right, step back onto left, full turn triple step right-left-right to the right
5-6-7-8   Rock across right with left, step back onto left, full turn triple step left-right-left to the left (12:00)

ROCK FORWARD AND BACK 1 ½ TRIPLE TURN RIGHT STEP LOCK FORWARD
1-2-3&4   Rock forward onto right back onto left, 1 & ½ turn triple step to the right (right-left-right)
5-6-7&8   Step forward on left, lock right behind, shuffle forward, left-right-left (6:00)

STEP LOCK FORWARD, STEP LOCKS BACK
1-2-3&4   Step forward on right, lock left behind, shuffle forward, right-left-right
5-6-7&8   Rock forward on left, back on right, step back on left lock right in front of left

LOCK BACK, SHUFFLE, ROCKS, SHUFFLE FORWARD
1-2-3&4   Step back right, lock left in front of right, shuffle back right-left-right
5-6-7&8   Rock back onto left, forward onto right, shuffle forward, left-right-left

2 X ¼ TURN PADDLES, 2 X SAMBAS
1-2-3-4   Step forward on right, paddle ¼ turn to the left twice
5&6-7&8   Samba step right, across left, samba step left across right (12:00)

¼ PADDLES TWICE, ROCKS AND HIP BUMPS
1-2-3-4   Step forward on right, paddle ¼ turn to the left twice
5-6-7&8   Rock onto right, rock onto left, step to the right and bump hips right-left-right, (6:00)

ROCKS, HIP BUMPS, JAZZ BOX
1-2-3&4   Rock onto left, rock onto right, step to the left and bumps hips left-right-left
5-6-7-8   Cross right in front of left, step back on left, step right to right, step left slightly forward (6:00)

REPEAT