Am I Okay

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2024
Music: Am I Okay? - Megan Moroney

Start after 16 counts on verse vocals approx.: 15 secs – 3mins 55secs – 126bpm with 1 easy restart

[1-8] R fwd, L fwd rock/recover, L back, R back rock/recover, hitch R ¼ L, R cross step

1-3	Step R forward, rock L forward, recover weight on R
5-6	Step L back, rock R back, recover weight on L
7-8	Hitch R while turning ¼ left on L, cross step R over L (9 o'clock)

[9-16] L side, R cross behind, ¼ L chassé, R fwd (hip push R as you turn), ¼ L pivot turn, R fwd (hip push R as you turn) ¼ L pivot turn

1-2	Step L side, cross step R behind L
3&4	L side left, step R together, turning ¼ L step L forward (6 o'clock)
5-8	Step R forward (push R hip right side), pivot ¼ left (3 o'clock), step R forward (push R hip right side), pivot ¼ left (12 o'clock)

WALL 3 RESTART: Dance first 16 then restart the dance facing front wall

[17-24] L weave x 3, point L side, L cross, ½ L hinge, R side point

1-4	Cross step R over L, step L side, cross step R behind L, point L side
5-8	Cross step L over R, turning ¼ left step R back, turning ¼ left step L side, point R side (6 o'clock)

[25-32] Cross R over L, point side L, L samba step, R jazz box

1-2	Cross step R over L, point L side
3&4	Cross step L over R, rock R side, recover weight on L
5-8	Cross step R over L, step L back, step R side, step L forward

[33-40] R fwd, ½ L hitch L, L side rock/recover, R weave turning ¼ R

1-4	Step R forward, turning ½ left hitch L up (12 o'clock), rock L side, recover weight on R
5-8	Cross step L over R, step R side, cross step L behind R, turning ¼ right step R forward (3 o'clock)

[41-48] L fwd, ½ L hitch R, R rock back/recover, ½ L, ½ L, step fwd R/L
(see below for easier or more options!)

1-4	Step L forward, turning ½ left while hitching R (9 o'clock), rock R back, recover weight on L
5-8	Turning ½ left step R back, turning ½ left step L forward, step R forward, step L forward

Non-turning option 5-8: turning walk fwd R/L/R/L
Ultra-turning option 5-8: on counts 7-8 add an extra full turn stepping ½ left, R back, turn ½ left, L forward
Ending: Execute counts 41-46, turn ¼ R to front wall cross R over L, step L side. Strike a pose!

[49-56] R fwd, hold, L fwd, ½ R pivot turn, L fwd, hold, ¾ L hinge turn

1-4	Step R forward, hold, step L forward, pivot ½ right (3 o'clock)
5-8	Step L forward, hold, turning ½ left step R back, turning ¼ left step L side (6 o'clock)

[57-64] Cross R over L, L side rock/recover, cross L over R, R side rock/recover, walk fwd R/L

1-3	Cross step R over L, rock L side, recover weight on R
4-6	Cross step L over R, rock R side, recover weight on L
7-8	Step R forward, step L forward