

# Askin' For a Friend (Am I Okay?)

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Sarah Preston Britto (USA) - February 2025

**Music:** Askin' for a Friend - Sean Hogan

or: Am I Okay? - Megan Moroney

or: Country Girls - Jess Moskaluke



## Music:

Askin' for a Friend – Sean Hogan 118 BPM

Am I Okay? - Megan Moroney 126 BPM (1 Restart)

Country Girls – Jess Moskaluke 115 BPM (2 Restarts)

See below for restart notes.

## [1-8]: Rocking Chair, 1/4 turn to left, 2 walks

- 1-4                Weight starts L, Rock R forward, recover L, Rock R back, recover L  
5-6                Step R forward, pivot 1/4 L over L shoulder  
7-8                Walk forward R, walk forward L

## [9-16]: Diagonal Step Touch (K-Step)

- 1 – 2              Step R to right front diagonal, Touch L beside R  
3 – 4              Step L to left back diagonal, Touch R beside L  
5 – 6              Step R to right back diagonal, Touch L beside R  
7 – 8              Step L to left front diagonal, Touch R beside L

## [17-24]: Vine R touch L, Vine L touch R

- 1 2 3 4            Step R to R Side, cross L behind R, step R to R side, touch L  
5 6 7 8            Step L to L Side, cross R behind L, step L to L side, touch R

## [25-32]: Side Touches R & L, Walk around 1/2 circle R

- 1 - 2              Step R to R side, touch L  
3 - 4              Step L to L side, touch R  
5 6 7 8            Walk around ½ R, Step R, L, R, L

## Restart Notes:

Am I Okay? - Megan Moroney

Wall 5: Restart after 16 counts facing 9:00

Country Girls – Jess Moskaluke

Wall 2: Restart after 16 counts facing 12:00

Wall 4: Restart after 16 counts facing 12:00