

# Not Alright Cha

**Compte:** 32

**Mur:** 2

**Niveau:** Absolute Beginner

**Chorégraphe:** Sebastiaan Holtland (NL) - April 2021

**Musique:** Not Alright - Pink Sweat\$ : (Album: 2021)



**\*\*2 Restarts after 16 counts, (12.00).**

**Introduction: 8 counts, start approx 05 sec.**

**Part 1. [1-8] Side L, Back Rock R, Side Cha Cha R, Cross Rock L, Side L, R Together.**

- 1,3 Step Lf to L (1), Rock Rf back (2), Recover back onto Lf (3).
- 4&5 Step Rf to R (4), Step Lf beside Rf (&), Step Rf to R (5).
- 6,7 Cross Rock Lf fwd (6), Recover back onto Rf (7).
- 8& Step Lf to L (8), Step Rf beside Lf (&).

**Part 2. [9-16] L Side , Hold, Together, L Side, Hold, Together, Side Rock L, Behind, Side, Together.**

- 1,2 Step Lf to L (1), Hold (2).
- &3,4 Step Rf beside Lf (&), Step Lf to L (3), Hold (4).
- &5,6 Step Rf beside Lf (&), Rock Lf to L (5), Recover back onto Rf (6).
- 7&8 Step Lf behind Rf (7), Step Rf to R (&), Step Lf beside Rf (8) (with restarts holding weight onto Rf).

**(NB Restart here in wall 3/6 after 16 counts, after start again (12.00).**

**Part 3. [17-24] Side R, Back Rock L, Step Lock Step L Fwd, Fwd Rock R, R Back, Together.**

- 1,3 Step Rf to R (1), Rock Lf back (2), Recover back onto Rf (3).
- 4&5 Step Lf fwd (4), Lock Rf behind Lf (&), Step Lf fwd (5).
- 6,7 Rock Rf fwd (6), Recover back back onto Lf (7).
- 8& Step Rf back (8), Step Lf beside Rf (&).

**Part 4. [25-32] R Back, Back Rock L, ½ Shuffle Turn L, Back Rock R, Step R.**

- 1 Step Rf back (1).
- 2,3 Rock Lf back (2), Recover back onto Rf (3).
- 4&5 ½ Shuffle turn R (L, R, L ) (4&5).
- 6,8 Rock Rf back (6), Recover back onto Lf (7), Step Rf fwd (8).

**REPEAT DANCE AND HAVE FUN!!**

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)