

OK Not to Be OK (Chair Dance)

COPPERKNOB
STEPSHEETS

Compte: 32

Mur: 0

Niveau: Beginner Chair Dance



Chorégraphe: Gail A. Dawson (USA) - August 2021

Musique: OK Not to Be OK - Marshmello & Demi Lovato

No Tags, No Restarts

Intro - Start when the beat starts - about 32 counts from when she starts singing, when she says "Nothing Left" count in - left is count 5, 6, 7, 8

TOUCH, TOUCH, TOUCH, STEP, STEP, TOUCH, TOUCH, TOUCH, STEP, STEP

- 1,2 R step to R with partial weight on ball of foot, recover to L touching R beside L
- 3&4 R step to R, L step beside R, R cross over L
- 5, 6 L step to L with partial weight on ball of foot, recover to R touching L beside R
- 7&8 L step to L, R step beside L, L cross over R

STEP, TOUCH, STEP, TOUCH, V-STEP

- 1, 2 R step to R, L touch beside R
- 3, 4 L step to L, R touch beside L
- 5, 6 R step out to R, L step out to L
- 7, 8 R step in, L step beside R

TOUCH, TOUCH, STEP, CLAP, TOUCH, TOUCH, STEP, CLAP

- 1, 2 R touch forward, R touch out to the R
- 3, 4 R step beside L, clap
- 5, 6 L touch forward, L touch out to the L
- 7, 8 L step beside R, clap

KICK, STEP, STEP, KICK, STEP, STEP, HEEL, STEP, HEEL, STEP

- 1&2 R kick, R step beside L. L step in place
 - 3&4 L kick, L step beside R, R step in place
 - 5, 6 R heel cross over L, R step beside L
 - 7, 8 L heel cross over L, L step beside R
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