

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

**COPPER KNOB**  
STEPPERS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

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

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

ou: Am I Okay? - Megan Moroney

ou: 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