

Alright

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Larry Bass (USA) - September 2015
音乐: It's Alright - Vickie Winans



Start dancing after 32 counts on lyrics

S1: KICK, BALL, CROSS, LONG STEP RIGHT, DRAG; BACK, CROSS, SIDE, BEHIND & CROSS

1&2 Kick Right forward, Step ball of Right beside Left, Step Left across Right
&3-4 Hitch Right knee, Take a long step right on Right; Drag Left to Right
&5 Step Left back, Step Right across Left
6 Step Left to left
7&8 Step Right behind Left, Step Left to left, Step Right across Left

S2: SWAYS, STEP LONG TO LEFT SIDE, DRAG; & CROSS, TURN, TURN TRIPLE STEP

1-2 Sway hips left; Sway hips right
&3-4 Hitch Left knee, Take a long step left with Left, Drag Right to Left
& Step Right back
5-6 Step Left across Right; Turn $\frac{1}{4}$ turn left & step Right back
7&8 Turn $\frac{1}{4}$ turn left & triple step Left, Right, Left to left □ (6:00)

S3: CROSS, BACK &, CROSS, BACK &, CROSS BACK, ROCK STEP

1-2 Step Right across Left; Step Left back
& Step Right back
3&4 Step Left across Right, Step Right back,
& Step Left back
5-6 Step Right across Left; Step Left back
7-8 Rock Right back looking back; Recover forward to Left looking forward

S4: $\frac{1}{2}$ TURN, TURNING TRIPLE STEP; STEP $\frac{1}{4}$ TURN STOMP, TOUCH & HEEL & CROSS

1 Turn $\frac{1}{2}$ turn left & step Right back □ (12:00)
2&3 Turn $\frac{1}{2}$ turn left & triple step Left, Right, Left forward □ (6:00)
4-5 Step Right forward; Pivot $\frac{1}{4}$ turn left & stomp Left □ (3:00)
6& Touch Right beside Left, Step Right to right
7&8 Touch Left heel forward, Step Left slightly back, Step Right across Left

S5: SIDE ROCK STEP; BEHIND & CROSS; SIDE ROCK STEP & CROSSOVER ROCK STEP

1-2 Rock Left to left; Recover right on Right
3&4 Step Left behind Right, Step Right to right, Step Left across Right
5-6 Rock Right to right; Recover left on Left
&7-8 Step Right back, Rock Left across Right; Recover back on Right

S6: $\frac{1}{4}$ TURN TRIPLE STEP, $\frac{1}{2}$ TURN TRIPLE STEP, $\frac{1}{2}$ TURN, ROCK STEP, $\frac{1}{2}$ TURN

1&2 Turn $\frac{1}{4}$ turn left & triple step forward Left, Right, Left □ (12:00)
3&4 Turn $\frac{1}{2}$ turn left & triple step back Right, Left, Right □ (6:00)
5-6 Turn $\frac{1}{2}$ turn left & step Left forward; Rock Right forward (12:00)
7-8 Recover back on Left; Turn $\frac{1}{2}$ right & step Right forward (6:00)

S7: SIDE, SAILOR STEP, SAILOR STEP w/HEEL TWIST, STEP, STEP, STEP

1 Turn $\frac{1}{4}$ turn right & step Left to left □ (9:00)
2&3 Right sailor step
4&5 Left sailor step

- &6 Twist Right heel inward, Step Right in place
&7 Twist Left heel inward, Step Left in place
&8 Twist Right heel inward, Step Right in place & turn $\frac{1}{4}$ turn left□(6:00)

S8: FORWARD TRIPLE STEP; PIVOT $\frac{1}{2}$ TURN; TURNING TRIPLE STEP, OUT, OUT, CLAP□

- 1&2 Triple step forward Left, Right, Left
3-4 Step Right forward; Pivot $\frac{1}{2}$ turn left to Left□(12:00)
5&6 Turn $\frac{1}{2}$ turn left & triple step Right, Left, Right□(6:00)
&7-8 Step Left slightly left, Step Right slightly Right; Clap

Begin Again

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