

I'll Be Alright

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - March 2016
音乐: I'll Be Alright - Beckah Shae : (Amazon.co.uk)



Intro: 16 counts (6 secs)

S1: SIDE, HOLD, BALL SIDE, ROCK BACK, CHASSE L

1-2 Step right to right side, HOLD
&3 Step left next to right, Step right to right side
4-5 Cross rock back on left, Recover on right
6&7 Step left to left side, Step right next to left, Step left to left side

S2: ROCK BACK, KICK, STEP, HITCH, JAZZ BOX CROSS

8-1 Cross rock back on right, Recover on left
2-3 On slight right diagonal kick right forward, Step on right
4-5 Hitch left across right, Cross left over right
6-7-8 Step back on right, Step left to left side, Cross right over left

S3: ¼, ½, POINT, HOLD, & POINT, HOLD, & SIDE, TOUCH

1-2 ¼ right stepping back on left, ½ right stepping on right [9:00]
3-4 Point left to left side, HOLD
&5-6 Step left next to right, Point right to right side, HOLD
&7-8 Step right next to left, Step left to left side, Touch right next to left

S4: HITCH, BACK BUMP, BUMP, BUMP, STEP, STEP, ½ PIVOT, BRUSH

1-2 Hitch right knee up, Step back on right bumping hips back on right
3-4 Bump hips forward on left, Bump hips back on right
5-6 Step forward on left Step forward on right
7-8 ½ pivot left, Right toe brush [3:00] * Restart Walls 2&5

S5: CHASSE R, ROCK BACK, CHASSE L, ROCK BACK

1&2 Step right to right side, Step left next to right, Step right to right side
3-4 Rock back on left, Recover on right
5&6 Step left to left side, Step right next to left, Step left to left side
7-8 Rock back on right, Recover on left

S6: ⅛ HIP ROLL, ⅛ HIP ROLL, CROSS, ¼, BACK, POINT

1-2 Step forward on right, ⅛ left rolling hips round to left (weight ends on left)
3-4 Step forward on right, ⅛ left rolling hips round to left (weight ends on left) [12:00]
5-6 Cross right over left, ¼ right stepping back on left
7-8 Walk back on right, Point left toe back on slight diagonal

S7: WALK, ½ L, ½ L, WALK, STEP, TOUCH, ROCK, ROCK

1-2 Walk forward on left, ½ left stepping back on right
3-4 ½ left stepping forward left, Walk forward on right [3:00]
5-6 Step forward on left on slight left diagonal, Touch right next to left
7-8 Rock weight on to right, Rock weight on to left (Note: these are not side rocks)

S8: CROSS, HOLD, BALL CROSS, SIDE ROCK, HEEL GRIND, SIDE, CROSS

1-2 Cross right over left, HOLD
&3 Step left to left side, Cross right over left

4-5 Rock left to left side, Recover on right

6-7-8 Left heel grind over right, Step right to right side, Cross left over right [3:00]

RESTARTS: *Walls 2 & 5 after 32 counts

TAG: 8 count tag after Wall 3 [9:00]

R SIDE, HOLD, BALL SIDE, TOUCH, L SIDE, HOLD, BALL SIDE, TOUCH

1-2 Step right to right side, HOLD

&3-4 Step left next to right, Step right to right side, Touch left next to right

5-6 Step left to left side, HOLD

&7-8 Step right next to left, Step left to left side, Touch right next to left

Thank You To Margaret Hains For Suggesting The Music
