

Be Alright

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Improver
编舞者: John Robinson (USA) - February 2018
音乐: Everything's Gonna Be Alright - David Lee Murphy & Kenny Chesney : (iTunes, Amazon.com, Amazon.co.uk, Amazon.de)



SEQUENCE: 8-count intro; No Tags, No Restarts.

S1: WALK R ROCK-RECOVER-1/4 RIGHT, CROSS, SIDE, BEHIND-SIDE-CROSS

1,2 Step R forward (1), Step L forward (2)
3&4 Rock R forward (3), Recover L (&), Turn 1/4 right (3:00) stepping R side right (4)
5,6 Step L across R (5), Step R side right (6)
7&8 Step L behind R (7), Step R side right (&), Step L across R (8)

S2: "UP-DOWN" X2 (STRAIGHTEN OVER L, SIT OVER R), TURN 1/2 LEFT, BEHIND-SIDE-CROSS

1,2 Touch R side right raising R hip slightly (1), Shift weight R bending knees/swaying hips right while clicking fingers past R hip (2)
3,4 Straighten up over L (3), Shift weight R bending knees/swaying hips right while clicking fingers past R hip (4)
5,6 Step L in place turning 1/4 left (12:00) (5), Turn 1/4 left (9:00) stepping R side right (6)
7&8 Step L behind R (7), Step R side right (&), Step L across R (8)

S3: SIDE STEP-HITCHES (R-L), CHASSE RIGHT, SIDE STEP-HITCHES (L-R), CHASSE LEFT

1&2& Step R side right (1), Raise L beside R calf (or flick behind) (&), Step L side left (2), Raise R beside L calf (or flick behind) (&)
3&4 Step R side right (3), Step L beside R (&), Step R side right (4)
& Raise L beside R calf (or flick behind) (&)
5&6& Step L side left (5), Raise R beside L calf (or flick behind) (&), Step R side right (6), Raise L beside R calf (or flick behind) (&)
7&8 Step L side left (7), Step R beside L (&), Step L side left (8)

S4: JAZZ BOX, HIP CIRCLES WITH HIP LIFTS (COUNTERCLOCKWISE THEN CLOCKWISE)

1,2 Step R across L (1), Step L back (2)
3,4 Step R side right (3), Step L across R (4)
5,6 Step R side right rolling hips back counterclockwise (5), Roll hips forward counterclockwise raising L hip (6)
7,8 Step L in place rolling hips back clockwise (7), Roll hips forward clockwise raising R hip (8)

FINALE: You'll start the final repetition facing 6:00. Dance the first 13 counts as choreographed, then turn 1/2 left (stepping R back) on count 14 to face 12:00.

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Last Update - 7th June 2018