

Be Alright

拍数: 32
编舞者: Old Stuff (DE) - February 2019
音乐: Be Alright - Dean Lewis

墙数: 2

级数: Phrased Intermediate



Phrased, AA,Tag,B, AA,Tag,BB, AA,Tag,BB, A

Section A: 16 counts

A[1-8] NC Basic L, 1/8 R, Diagonal Walks, Rock step, Back, Back, Side, Sway

- 1 2& Step left to the side, Close right behind left, Cross left over right
3 4& 1/8 turn r step right forward, Step left forward, Step right forward (1:30)
5 6 Rock left forward, Rock back on right
& 7 Step left back, Step right back
8 & 1/8 turn l step left to the side, sway your body to the right

A[9-16] NC Basic L, 1/4 R, Step, Step Turn Step, Step, Step, Close, Back, Back, 1/4 L

- 1 2& Step left to the side, close right behind left, cross left over right
3 1/4 turn right, step right forward (3:00)
4& 5 Step left forward, 1/2 turn right, step left forward
6 & Step right forward, step left forward
7 Close right next to left and rise your body up
8 & Step left back, Step right back, Start a 1/4 turn left and finish with the next step to the side(6:00)

Tag: 2 counts

- 1 Step left to the side
2 Drag right next to left, during the last Tag you have to hold it longer.

Section B: 16 counts

B[1-8] NC Basic R, 1/4 Turn L, Step, Step Turn Step, Prep, Full Turn L, Sweep, Cross Back Back

- 1 2& Step right to the side, Close left behind right, Cross right over left
3 1/4 Turn Ll, Step left forward (9:00)
4& 5 Step right forward, 1/2 Turn L, Step right forward
6 Step left forward into a prepair Step (3:00)
& 7 1/2 Turn L step right back, 1/2 Turn L step left forward and sweep right from back to the front. (3:00)
8& 1 Cross right over left, Step left back, Step right back

B[9-16] Point back L, 1/2 Turn L, Slide Step L, Step, Prep., Spin 3/4 L, Circle, Rock Step

- 2 & Point left back and bend your right knee, 1/2 Turn L (9:00)
3 Slide with left forward and bring your weight on it
4 & Step right forward, Step left forward into a Prep.
5 3/4 Turn L on left, hitch your right knee and open it to the side. (12:00)
6 & 1/2 Turn L in a Circle with two little Steps, right, left. (6:00)
7 8& Rock right forward, rock back on left, touch right next to left

You have to do a touch when you dance the Section B, after Section B.

You have to do a Step next to left, with your weight on it when you dance Section A after Section B.