

Be Okay

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - June 2020
音乐: Be Okay - R3HAB & HRVY : (iTunes)



(Dance starts on lyrics: 8 counts intro)

[S1] Step-Lock-Step-Lock-Step-Close, Side-Behind-1/4R-Close, Side-Behind-1/4L, 1/2R Close

1&2& Moving diagonally left forward - Step forward on L, Lock R behind L, Step forward on L, Lock R behind L
3 Step forward on L and drag R next to L
4&5 Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R and drag L next to R (3:00)
6& Step L to the side, Step R behind L
7 8 Make a 1/4 turn left stepping forward on L (12:00), Make a 1/2 turn right on ball of right foot and drag L next to R (6:00)

[S2] Step-Lock-Step-Lock-Step-Close, Side-Behind-1/4L-Close, Side-Behind-1/4R, Step-Pivot 1/2R

1&2& Moving diagonally right forward - Step forward on R, Lock L behind R, Step forward on R, Lock L behind R
3 Step forward on R and drag L next to R
4&5 Step L to the side, Step R behind L, Make a 1/4 turn left and drag R next to L (3:00)
6&7 Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (6:00)
8& Step forward on L, Make a 1/2 turn right recover weight in R (12:00)

[S3] Rocking Chair, Touch-1/4L, Shuffle Back, Rock Back-Fwd-Back-1/2R, Shuffle Back-into

1&2& Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R
3& Touch L to the left, Make a 1/4 turn left on ball of right foot weight ends on R
4&5 Shuffle back L-R-L
&6& Step/rock back on R, Step/rock forward on L, Step/rock back on R
7 Make a 1/2 turn right recover/stepping back on L (3:00)
8&1 Shuffle back R-L-R (prep for 1/4L sailor turn)

[S4] Sailor 1/4L into Double Heel-&-Touch-&-Heel, Sailor 1/4L Fwd-into

2& Make a 1/4 turn left stepping L behind R, Step R to the side (12:00)
3 4& Place L heel diagonally forward twice (3 4), Step L next to R (&)
5&6 Touch R next to L, Step back on R, Place L heel diagonally forward
7&8 Make a 1/4 turn left on R foot while sweeping/stepping back on L, Step R to the side, Step forward on L (prep for right turn) (9:00)

[S5] -1/2R-1/4R Side Shuffle, Rock Behind-Side, Behind-Side-Cross Shuffle w/ Sweep

1 Make a 1/2 turn right recover/stepping forward on R
2&3 Make a 1/4 turn right side shuffle to the left L-R-L (6:00)
4&5 Rock R behind L, Recover/replace weight on L, Step R to the side
6& Step L behind R, Step R to the side
7&8 Cross L over R, Step R close to L, Cross L over R and sweeping R from the back to the front

[S6] Cross-Side-Back w/Sweep, Behind-Side-Fwd w/Sweep, Cross-Back-Back-Cross-Back-1/2L Fwd-1/2L w/ Close Touch

1&2 Cross R over L, Step L to the side Step back on R and sweeping L from the front
3&4 Step L behind R, Step R to side, Step forward on L and sweeping R from the back
5&6& Cross R over L, Step back on L, Step back on R, Cross L over R
7& Step back on R, Make a 1/2 turn left stepping forward on L

8& Step forward on R, Make a 1/2 turn left on ball of right foot and touch close L in front of (6:00)
****R****

[S7] Side-Together-Fwd, Side-Together-Shuffle Back, 1/4L Side-Together-Fwd, Side-Together-Back

1&2 Step L to the side, Step R together, Step forward on L
3& Step R to the side, Step L together
4&5 Shuffle back R-L-R
6&7 Make a 1/4 turn left stepping L to the side, Step R together, Step forward on L (3:00)
8&1 Step R to the side, Step L together, Step back on R

[S8] Back Rock-Fwd Rock-Recover 1/4L, Paddle Turn, Fwd Rock-Recover 1/4R, Fwd-1/2R Together

2& Rock back on L, Recover weight on R
3&4 Rock forward on L, Recover weight on R, Make a 1/4 turn left stepping forward on L (12:00)
5& Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
6&7 Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (12:00)
8& Step forward on L, Make a 1/2 turn right on ball of left foot and step R next to L (6:00)

****Restart on Wall 2 count 48** (12:00)**

**Ending: The last wall starts 6:00 o'clock
Dance up to count 48 finishes at the front.**

(updated: 8/June/20)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
