

It's OK

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rhoda Lai (CAN) & Helen O'Malley (IRE) - October 2020
音乐: OK Not to Be OK (Duke & Jones Remix) - Marshmello, Demi Lovato & Duke & Jones



Music: Marshmello & Demi Lovato - Ok Not to Be Ok (Duke & Jones Remix)

Intro: 16 Counts.

SEC 1: SIDE STEP WITH TOE TOUCHES - RIGHT AND LEFT. BEHIND SIDE, CROSSING SHUFFLE.

1-2 Step right to right side, Touch left forward to left diagonal

3-4 Step left to left side, Touch right forward to right diagonal

Option Styling Option: Roll hips, bending knees & click fingers while touching toes to the diagonals. The Rhoda Step!

5-6 Cross right behind left, Step left to left side.

7&8 Cross right over left, Step left to left side, Cross right over left. (12:00)

SEC 2: STEP LEFT TO SIDE, 1/4 TURN RIGHT, FORWARD SHUFFLE, BOX STEP 1/4 TURN

1-2 Step left to left side, Step right 1/4 turn to right side

3&4 Step left forward, Step right beside left, Step left forward (3:00)

5-6 Cross right over left, Step back on left,

7-8 Step right 1/4 turn right, Cross left over right (6:00)

SEC 3: RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

1&2 Step right to right side, Step left beside right, Step right to right side

3-4 Cross rock left behind right, Recover on right

5&6 Step left to left side, Step right beside left, Step left to left side

7-8 Cross rock right behind left, Recover on left (6:00)

SEC 4: FIGURE EIGHT TO RIGHT WITH 1/4 TURN LEFT

1-2 Step right to right side, Cross left behind right

3-4 Step right 1/4 turn right, Step forward left

5-6 Pivot 1/2 turn right, 1/4 turn right stepping left to left side

7-8 Cross right behind left, 1/4 turn left stepping left forward

Option EASY OPTION FOR SECTION 4. GRAPEVINE RIGHT & LEFT WITH LEFT 1/4 TURN TOUCH.

1-4 Step right to side, Cross left behind right, Step right to side, touch left beside right

5-8 Step left to left side, Cross right behind left, Step left 1/4 turn left, Touch right beside left

Ending Dance finished at the end of Wall 9. Step right into 1/4 turn left to face front wall, Raise your hands! There's a message in song.

Smile and Enjoy.
Helen & Rhoda xx