

OK Not To Be OK

拍数: 32 墙数: 2 级数: Novice WCS
编舞者: Gina Kargoscha (DE) - October 2020
音乐: OK Not to Be OK - Marshmello & Demi Lovato



[1-8] Cross, Syncopated Side Rock, Cross, 1/4 Turn L Hitch, Close, Point, High Rondé (Easy Version: Sweep)

1&2 Cross RF over LF, Step LF left, Recover on RF
3-4 Cross LF over RF, Step RF right
5&6 Turn 1/4 left Hitch LF (9:00), Close LF to RF, Point RF to right
7-8 High Rondé with RF from front to back (Easy Version: Sweep RF from front to back)

[9-16] Syncopated Rock back, Step fwd, 3/4 Pivot Turn right, 1/2 Step Turn

1&2 Step RF back, Recover on LF, Step RF fwd
3-4 Step LF fwd Turn 3/4 right (6:00), Step RF fwd
5-8 Step LF fwd Turn 1/2 right (12:00) (optional: Hipbumps to the beat while turning)

[17-24] Run fwd, Bodyroll, Step back, Close 1/2 Turn R, Step fwd, Rockstep

1&2 Step RF fwd, Step LF fwd, Step RF fwd
3-4 Step LF fwd Bodyroll, Recover on RF
5&6 Step LF back, Close RF to LF while turning 1/2 right (6:00), Step LF fwd
7&8 Step RF fwd, Recover on LF

[25-32] Sailorstep, Syncopated Rock Back, Hitch, Big Step Left, Drag

1&2 Cross RF behind LF, Step LF left, Step RF right
3&4 Step LF back, Recover on RF, Hitch LF
5-8 LF big step left, Drag RF to LF
