

# Bist Du Okay?

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Phrased Advanced  
编舞者: Sonja Vocke (DE) - November 2020  
音乐: Bist du Okay - Mark Forster & VIZE



Phrased: A, A, B, B, Tag (4 cts.), B, B, A, A, B, B  
Intro: after 16 counts, start with Lyrics

## PART A - 32 counts

### [1-8] Step Fwrd. 3x, Sweep, Cross, Side Behind, Sweep

1-2            step RF fwd. (1), step LF fwd. (2)  
3-4            step RF fwd. (3), sweep LF from back to front (4)  
5-6            cross LF over RF (5), step RF right (6)  
7-8            step LF behind RF (7), sweep RF from front to back (8)

### [9-16] Back 3x, Close, Full Turn Fwrd., Step Fwrd.

1-2            step RF back (1), step LF back (2)  
3-4            step RF back (3), close LF next to RF (4)  
5-6            ¼ turn right step on RF (5) 3:00, ¼ turn right step on LF (6) 6:00  
7-8            ½ turn right step on RF (7) 12:00, step LF fwd. (8)

### [17-24] Side Rock, Recover, Back, Close, Step ½ Turn Left, Side Rock Recover

1-2            rock RF right (1), recover on LF (2)  
3-4            step RF back (3), close LF next to RF (4)  
5-6            step RF fwd (5), ½ turn left step on LF (6) 6:00  
7-8            rock RF right (7), recover on LF (8)

### [25-32] Cross, Hitch, Cross, Back, Full Turn Back, Side Rock, Recover, Ball Step

1-2            cross RF over LF (1), hitch LF over RF (2)  
3-4            cross LF over RF (3), step RF back (4)  
5-6            ¼ turn left step on LF (5) 3:00, ¾ turn left step on RF (6) 6:00  
7-8&          rock LF left (7), recover on RF (8), L ball step next to RF (&)

## PART B - 32 counts

### [1-8] Step Fwrd., Toe Switches, Cross, Ball Step Back, ¼ Turn Left, Cross Chassé Left

1            step RF fwd. (1)  
2&          touch L toes left (2), close LF next to RF (&)  
3&4        touch R toes right (3), close RF next to LF (&), touch L toes left (4)  
5            cross LF over RF (5)  
6&        R ball step back (6), LF ¼ turn left (&), 9:00  
7&8        cross chassé left: RF-LF-RF (7&8)

### [9-16] Side Rock, Recover, Close, Coaster Step, Step ½ Turn Right, Close, Heel Switches

1            rock LF left (1)  
2&        recover on RF (2), close LF next to RF (&),  
3&4        step RF back (3), step LF next to RF (&), step RF fwd (4)  
5            step LF fwd. (5)  
6&        ½ turn right left step on RF (6) 3:00, close LF next to RF (&)  
7&8        touch R heel right (7), close RF next to LF (&), touch L heel left (8)

### [17-24] Slide back with Knee Pop 2x, Ball Step, ¼ Turn Right Cross Chassé Left, Back 2x, Close, Brush 3x

1            slide LF back popping R knee up (1)  
2&        slide RF back popping L knee up (2), ball step L next to RF (&)

3&4 turn ¼ right 6:00 cross chassé left: RF-LF-RF (3&4)  
5 step LF back (5)  
6& step RF back (6), close LF next to RF (&)  
7&8 brush RF fwd. (7), brush RF back into a slight hook (&), brush RF fwd. (8)

**[25-32] Side, Lock, ¼ Turn Right, Step ¼ Turn Right, Cross, Side, ¼ Turn Left, Ball Step, ¼ Turn Left Cross Chassé Right**

1 step RF right (1),  
2& lock LF behind RF (2), ¼ turn right step on RF (&) 9:00  
3&4 step LF fwd. (3), ¼ turn right step on RF (&) 12:00, cross LF over RF (4)  
5 step RF right (5)  
6& ¼ turn left step on LF (6) 9:00, ball step R next to LF (&)  
7&8 turn ¼ left 6:00 cross chassé right: LF-RF-LF (7&8)

**Tag (12:00) 4 cts.: Step ½ Turn Left, Step ½ Turn Left**

1-2 step RF fwd (1), ½ turn left step on LF (2) 6:00  
3-4 step RF fwd (3), ½ turn left step on LF (4) 12:00

**Are you okay? Then start again and have fun...**

**Is the dance okay?**

**All kind of feedback is welcome! Write to: [s.vocke@gmx.net](mailto:s.vocke@gmx.net)**

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