

# Not Alright Cha

**COPPER** KNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Sebastiaan Holtland (NL) - April 2021  
音乐: Not Alright - Pink Sweat\$ : (Album: 2021)



**\*\*2 Restarts after 16 counts, (12.00).**

**Introduction: 8 counts, start approx 05 sec.**

## **Part 1. [1-8] Side L, Back Rock R, Side Cha Cha R, Cross Rock L, Side L, R Together.**

1,3            Step Lf to L (1), Rock Rf back (2), Recover back onto Lf (3).  
4&5           Step Rf to R (4), Step Lf beside Rf (&), Step Rf to R (5).  
6,7            Cross Rock Lf fwd (6), Recover back onto Rf (7).  
8&            Step Lf to L (8), Step Rf beside Lf (&).

## **Part 2. [9-16] L Side , Hold, Together, L Side, Hold, Together, Side Rock L, Behind, Side, Together.**

1,2            Step Lf to L (1), Hold (2).  
&3,4           Step Rf beside Lf (&), Step Lf to L (3), Hold (4).  
&5,6           Step Rf beside Lf (&), Rock Lf to L (5), Recover back onto Rf (6).  
7&8           Step Lf behind Rf (7), Step Rf to R (&), Step Lf beside Rf (8) (with restarts holding weight onto Rf).

**(NB Restart here in wall 3/6 after 16 counts, after start again (12.00)).**

## **Part 3. [17-24] Side R, Back Rock L, Step Lock Step L Fwd, Fwd Rock R, R Back, Together.**

1,3            Step Rf to R (1), Rock Lf back (2), Recover back onto Rf (3).  
4&5           Step Lf fwd (4), Lock Rf behind Lf (&), Step Lf fwd (5).  
6,7            Rock Rf fwd (6), Recover back back onto Lf (7).  
8&            Step Rf back (8), Step Lf beside Rf (&).

## **Part 4. [25-32] R Back, Back Rock L, ½ Shuffle Turn L, Back Rock R, Step R.**

1            Step Rf back (1).  
2,3           Rock Lf back (2), Recover back onto Rf (3).  
4&5           ½ Shuffle turn R (L, R, L ) (4&5).  
6,8           Rock Rf back (6), Recover back onto Lf (7), Step Rf fwd (8).

**REPEAT DANCE AND HAVE FUN!!**

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)