

OK Not to Be OK (Chair Dance)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Beginner Chair Dance
编舞者: Gail A. Dawson (USA) - August 2021
音乐: OK Not to Be OK - Marshmello & Demi Lovato



No Tags, No Restarts

Intro - Start when the beat starts - about 32 counts from when she starts singing, when she says "Nothing Left" count in - left is count 5, 6, 7, 8

TOUCH, TOUCH, TOUCH, STEP, STEP, TOUCH, TOUCH, TOUCH, STEP, STEP

1,2 R step to R with partial weight on ball of foot, recover to L touching R beside L
3&4 R step to R, L step beside R, R cross over L
5, 6 L step to L with partial weight on ball of foot, recover to R touching L beside R
7&8 L step to L, R step beside L, L cross over R

STEP, TOUCH, STEP, TOUCH, V-STEP

1, 2 R step to R, L touch beside R
3, 4 L step to L, R touch beside L
5, 6 R step out to R, L step out to L
7, 8 R step in, L step beside R

TOUCH, TOUCH, STEP, CLAP, TOUCH, TOUCH, STEP, CLAP

1, 2 R touch forward, R touch out to the R
3, 4 R step beside L, clap
5, 6 L touch forward, L touch out to the L
7, 8 L step beside R, clap

KICK, STEP, STEP, KICK, STEP, STEP, HEEL, STEP, HEEL, STEP

1&2 R kick, R step beside L. L step in place
3&4 L kick, L step beside R, R step in place
5, 6 R heel cross over L, R step beside L
7, 8 L heel cross over L, L step beside R
