

# It's OK

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Cato Larsen (NOR) - 3 November 2021  
音乐: It's Ok - Imagine Dragons : (CD: Imagine Dragons)



**Intro: Start the dance on the word «hear» after 16 counts (10 seconds).**

**Motion: Smooth (West Coast Swing styling).**

**SOD: Speed Of Dance; Normal.**

**[1 - 8] Side Rock, Cross, 1/2 Spiral turn, Walk forward, Anchor Step.**

- 1,2            Step right to right side (1), Rock (recover) weight back onto left (2). 12:00
- 3             Cross right over left (3).
- 4             Step to left side and Pivot (spiral) ½ turn right on left foot crossing right over left (4). 6:00
- 5,6          Step forward on right (5), Step forward on left (6).
- 7&8         Lock right behind left (7), Step down again on left (&), Step back on right (8).

**[9 - 16] Point, Unwind, 1/4 Chase turn, ¼ Pivot turn twice, Cross Shuffle.**

- 1,2            Point left toe back (1), Unwind ½ turn left (2). 12:00
- 3&4          Step forward on right (3), Turn (swivel) ¼ turn left (&), Cross right over left (4). 9:00
- 5             Turn (pivot) ¼ turn right Stepping back on left (5). 12:00
- 6             Turn (pivot) ¼ turn right Stepping right to right side (6). 3:00
- 7&8         Cross left over right (7), Step right to right side (&), Cross left over right (8).

**Restart: Restart from here on wall 4. You will face kl. 12:00.**

**[17 - 24] Diagonally forward, Prep left, 3/8 turn, ¼ Pivot turn, Sailor ¼ turn, Mambo ¼ turn.**

- 1             Step right diagonally forward right (1). 4:30
- 2             Prep left by angeling upper body to left diagonal (2). 1:30
- 3             Turn 3/8 turn right Stepping forward on right (3). 6:00
- 4             Turn (pivot) ¼ turn right Stepping left to left side (4). 9:00
- 5&          Cross right behind left (5), Turn ¼ turn right Stepping left next to right (&). 12:00
- 6             Step slightly forward on right (6).
- 7&          Step forward on left (7), Rock (recover) weight back again onto right (&).
- 8             Turn (pivot) ¼ turn left Stepping left forward (8). 9:00

**[25 - 32] Low Kick, Push back on right (pendel right leg forward & back), Hold/Drag, Ball-Step. Rocking Chair, Side Rock & Cross.**

- 1             Pendle a right leg into a low kick forward (1).
- 2             Pendle the leg back again into a long Step back (2).
- 3             Drag left foot next to right (3).
- &4          Step left next to right (&), Step forward on right (4).
- 5&          Step forward on left (5), Rock (recover) back again onto right (&).
- 6&          Step back on left (6), Rock (recover) weight forward again onto right (&).
- 7&          Step left to left side (7), Rock (recover) weight back again onto right (&).
- 8             Cross left over right (8).