

# 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).