

It's Alright It's Ok

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Manuela Gustavsson (SWE) - January 2022
音乐: It's Alright It's Ok - Mike Denver



Intro: 16 counts - 2 restart, 2 tag

Tag after wall 1 & 4:

1 & 2 & Step RF to R, touch L toe beside RF, Step LF to L, touch R toe beside LF

Section 1 (1-8): R Rumba Box Back, Shuffle Fwd, R Pivot ½

1 & 2 Step RF to R side, step LF next to RF, step back on RF

3 & 4 Step LF to L side, step RF next to LF, step LF fwd

5 & 6 Step RF fwd, close LF besides RF, step RF fwd

7 & 8 Step LF fwd, make ½ turn R stepping fwd onto RF (6:00)

Section 2 (9-16): L & R Scissor Steps, Step Back ¼, Clap, Step Fwd ½, Clap, Run LRL

1 & 2 Step LF to L, close RF to L, cross LF over RF

3 & 4 Step RF to R, close LF to R, cross RF over LF

5 & 6 & Step LF back ¼ to R (5), clap hands (&), step RF fwd ½ to R (6), clap hands (&)

7 & 8 Run fwd LRL (3:00)

Section 3 (17-24): R Step, Touch, Step, Kick, Behind, Side, Cross, L Step, Touch, Step, Kick, Behind, Side, Step Fwd

1 & 2 & Step RF to R diagonal fwd, touch L toe next to RF, step LF to L side, kick RF slightly diagonal fwd

3 & 4 Step RF behind LF, step LF to L side, cross RF over LF

5 & 6 & Step LF to L diagonal fwd, touch R toe next to LF, step RF to R side, kick LF slightly diagonal fwd

7 & 8 Step LF behind RF, step RF to R side, step LF fwd

Section 4 (25-32): Step Turn ¼ L, Step Turn ½ L, Toe Strut Jazzbox

1 2 Step RF fwd, turn ¼ L stepping onto LF (12:00)

3 4 Step RF fwd, turn ½ L stepping onto LF (6:00)

Restart here in wall 2 & 5

5 & 6 & Cross R toe over L, drop R heel, step back L toe, drop L heel

7 & 8 & Step R toe to R side, drop R heel, step L toe fwd, drop L heel

Ending in Wall 8, sect. 4:

step changes for 7 & 8 & do

Reverse Unwind ½ R

7 8 Touch R toes behind LF (7) Unwind ½ turn to R stepping onto RF facing the front.

Have fun!

Contact: manuela.gustavsson@gmail.com

Last Update - 30 Jan. 2022