

Am I Ok ?

COPPERKNOB
BY STEPHANETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jean-Marc RAFFANEL (FR) - September 2024
音乐: Am I Okay? - Megan Moroney



dance start on lyrics

section 1 : RUMBA STEP, ¼ TURN L TRIPLE FWD, JAZZ BOX CROSS

&1-2 step Rf on side, step Lf next to Rf, step Rf fwd
3&4 ¼ turn L step Lf fwd, step Rf next to Lf, step Lf fwd 9:00
5-6-7-8 cross Rf over Lf, step Lf back, step Rf on side, cross Lf over Rf

section 2 : TRIPLE SIDE, ROCK BACK, ¼ TURN R, ¼ TURN R, STEP FWD ,SCUFF

1&2 step Rf on side, step Lf next to Rf, step Rf on side
3-4 step Lf back, recover onto Rf
5-6 ¼ turn R step Lf back, ¼ turn R step Rf on side 3:00
7-8 step Lf fwd, scuff Rf next to Lf

RESTART HERE ON WALL 5 (facing 3:00)

section 3 : MAMBO FWD, MAMBO BACK, MAMBO SIDE, MAMBO SIDE

1&2 step Rf fwd, recover onto Lf , step Rf beside Lf
3&4 step Lf back, recover onto Rf, step Lf beside Rf
5&6 step Rf on side, recover onto Lf, step Rf beside Lf
7&8 step Lf on side, recover onto Rf, step Lf beside Rf

section 4 : STEP FWD, ¼ TURN L, CROSS TRIPLE, ¼ TURN R, ½ TURN R, TRIPLE FWD

1-2 step Rf fwd, ¼ turn L 6:00
3&4 cross Rf over Lf, step Lf on side, cross Rf over Lf
5-6 ¼ turn R step Lf back, ½ turn R step Rf fwd 9:00
7&8 step Lf fwd, step Rf next to Lf, step Lf fwd

start again with smile

raffy17@outlook.fr