

6'2" and True

拍数: 64 墙数: 2
编舞者: Caleb Klein (USA) - October 2024
音乐: Am I Okay? - Megan Moroney

级数: Easy Intermediate



Start after 16 counts on vocals. Approx. 15 secs
NO tags, 1 restart

[1-8] Step Forward, Sweep, Cross, Step Back, Coaster Step, Walk, Walk

1-2 Step R forward, sweep L from back to front
3-4 Cross L over right(1), step R back(2)
5&6 Step L back(5), step R beside L(&), step L forward(6)
7-8 Step R forward(7), step L next to R(8)

[9-16] Rock Forward, Recover, Triple ½ Turn Right, Step, Pivot ½ Turn, Step Forward, Sweep

1-2 Rock forward on R(1), recover back onto L(2)
3&4 Step R ¼ turn right(3), step L ¼ turn right(&), step R slightly forward(4), (6 o'clock)
5-6 Step L forward(5), pivot ½ turn right shifting weight onto R(6), (12 o'clock)
7-8 Step forward L(7), sweep R to the front(8)

RESTART: WALL 3 - Dance first 16 counts then restart, (12 o'clock)

[17-24] Step Forward, Sweep, Cross, Step Back, Behind-Side-Cross, Sway Right & Left

1-2 Step R forward(1), sweep L to the front(2)
3-4 Cross L over R(3), step R to the back(4)
5&6 Step L behind R(5), step R to the side(&), cross L over R(6)
7-8 Rock to the right(7), Rock to the left(8)

[25-32] Cross, ½ Unwind Left, Rock Forward, Recover, Triple-Step back, Rock Back, Recover

1-2 Cross R over L(1), unwind ½ turn left shifting weight onto L(2), (6 o'clock)
3-4 Rock forward R(3), recover back onto L(4)
5&6 Step back on R(5), back on L(&), back on R(6)
7-8 Rock back on L(7), recover forward onto R(8)

[33-40] Step Forward, Pivot ¼ turn right, Cross and Cross, Grapevine with a touch

1-2 Step forward L(1), ¼ turn right shifting weight onto R(2), (3 o'clock)
3&4 Cross L over R(3), step R to side(&), cross L over R(4)
5-8 Step R to side(5), left behind right(6), Step R to side(7), touch L next to R(8)

[41-48] Kick-Ball-Change, Step, Pivot ¼ Turn, Weave with a point

1&2 Kick left forward(1), step down on L(&), step R in place(2)
3-4 Step L forward(3), pivot ¼ turn right onto R(4), (12 o'clock)
5-8 Step L across R(5), step R to the side(6), Step L behind(7), Point R to the side(8)

[49-56] Right Sailor Step, Left Sailor Step, Rocking Chair

1&2 Step R behind L(1), step L to side(&), step R slightly forward(2)
3&4 Step L behind R(3), step R to side(&), step L slightly forward(4)
5-8 Rock forward on R(5), recover back on L(6), rock back on R(7), recover forward on L(8)

[57-64] Step Forward, ¼ Pivot Turn left, Step Forward, ¼ Pivot Turn Left, Jazz box

1-2 Step forward R(1), pivot ¼ turn left on L(2), (9 o'clock)
3-4 Step forward R(3), pivot ¼ turn left on L(4), (6 o'clock)
5-8 Cross R over L(5), Step back on L(6), Step R to side(7), Step L next to R

Ending: Dance up to Count 48, holding the point and posing!

Contact

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