

Be Okay

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Be Okay - R3HAB & HRVY



#8 Counts intro approx 5 sec.

Volta ¼ turn ,Volta ½ turn ,Time Steps 2x

1a2 Cross R over L , 1/4 turn R Step L to L , Cross R over L (3:00)
3a4 ½ turn L Cross L over R , Step R to R , Cross L over R (9:00)
5&6 Step R to R side , Step L next to R , Step R in place
7&8 Step L to L side , Step R next to L , Step L in place

Walk RL, Syncopated R step lock step, Chugs ¾ turn, Touch

1-2 Walk R fwd, Walk L fwd
a3a4 Step R fwd, Lock L behind R, Step R fwd, Step L fwd
5-6 1/4 turn L stomping RF forward, 1/4 turn L stomping RF forward (3:00)
7-8 1/4 turn L stomping RF forward, Touch R next to L (12:00)

*Restart after wall 4

Samba Whisk X2 , Side Step, Extended Weave

1a2 Step R to R Side, Rock L Behind R , Recover on R
3a4 Step L to L Side, Rock R behind L, Recover on L
5-6& Step R to R Side, Cross L behind R, Step R to R side
7&8& Cross L over R, Step R to R Side, Cross L behind R, Step R to R side

Step Turn ½ , Point X2 , Press R, Touch X2

1-2 Step L fwd, ½ turn R Keep wait on L (6:00)
3&4& Point R to R side, Close R next to L, Point L to L side, Close L next to R
5-6 Press R fwd, Recover on L

Styling: you can add a bodyroll on count 5-6

&7&8 Step back on R , Touch L slithy fwd, Step back on L , Touch R slithy fwd

Styling: you can make Batucada on count &7&8

*Restart after 16 counts on wall 4 facing 6:00

Enjoy :)

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Last Update – 28 Nov 2024 - R2