

It's ok I'm ok

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - November 2024
音乐: It's ok I'm ok - Tate McRae : (Spotify/Youtube Music/Deezer/Amazon Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Fwd Rock, Back-Heel Bounce, Back Rock, 1/2R-Heel Bounce

1 2 Rock forward on R, Replace weight on L
3&4 Step back on R, Bounce both heels up-down (&4) weight ends on R
5 6 Rock back on L, Replace weight on R
7&8 Make a ½ turn right stepping back on L (6:00), Bounce both heels up-down (&8) weight ends on L

[S2] Back Rock, L Full Turn Fwd-Step-Pivot 3/4L, Side Shuffle

1 2 Rock back on R, Replace weight on L
3 4 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)
5 6 Step forward on R, Make a ¾ turn left recover weight on L (9:00)
- Restart and step changes here on wall 5
7&8 R side shuffle on R-L-R

[S3] Back Rock w/ Knee Pop, Fwd-Heel Swivel, Back Rock w/ Knee Pop-Pivot 1/2R w/ Lift, Run-Run

1 2 Rock back on L/R knee pop, Replace weight on R
3&4 Step forward on L, Swivel both heels out to the side, Replace to the centre weight ends on R
5 6 Rock back on L/R knee pop, Replace weight on R
7 Step forward on L making a ½ turn right/lifting R foot (3:00)
8& Run forward on R-L

[S4] Fwd, 1/4R-Tap-Tap, Kick, Kick-Ball-Tap-&, Behind, 1/4L

1 2 Step forward on R, Make a ¼ turn left stepping L to the side (6:00)
&3 Tap R toes twice behind L
4 5 Kick R diagonally forward twice
&6& Step diagonally right forward on R, Tap L behind R, Step back on L
7 8 Step R behind L, Make a ¼ turn left stepping forward on L (3:00)

Restart and Step Change on Wall 5 (9:00)

Dance up to Section 2, count 6

On counts 7-8: Step R to the side (7), Step L together (8) (9:00).

Ending suggestion: For the last wall on the last count, no turning ¼ left; just step to the left on the left side and stay on the front wall.

(updated: 12/Nov/24)