

# Askin' For a Friend (Am I Okay?)

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Sarah Preston Britto (USA) - February 2025  
音乐: Askin' for a Friend - Sean Hogan  
或: Am I Okay? - Megan Moroney  
或: Country Girls - Jess Moskaluke



## Music:

Askin' for a Friend – Sean Hogan 118 BPM  
Am I Okay? - Megan Moroney 126 BPM (1 Restart)  
Country Girls – Jess Moskaluke 115 BPM (2 Restarts)  
See below for restart notes.

### [1-8]: Rocking Chair, 1/4 turn to left, 2 walks

1-4                      Weight starts L, Rock R forward, recover L, Rock R back, recover L  
5-6                      Step R forward, pivot 1/4 L over L shoulder  
7-8                      Walk forward R, walk forward L

### [9-16]: Diagonal Step Touch (K-Step)

1 – 2                      Step R to right front diagonal, Touch L beside R  
3 – 4                      Step L to left back diagonal, Touch R beside L  
5 – 6                      Step R to right back diagonal, Touch L beside R  
7 – 8                      Step L to left front diagonal, Touch R beside L

### [17-24]: Vine R touch L, Vine L touch R

1 2 3 4                      Step R to R Side, cross L behind R, step R to R side, touch L  
5 6 7 8                      Step L to L Side, cross R behind L, step L to L side, touch R

### [25-32]: Side Touches R & L, Walk around 1/2 circle R

1 - 2                      Step R to R side, touch L  
3 - 4                      Step L to L side, touch R  
5 6 7 8                      Walk around ½ R, Step R, L, R, L

## Restart Notes:

Am I Okay? - Megan Moroney  
Wall 5: Restart after 16 counts facing 9:00

## Country Girls – Jess Moskaluke

Wall 2: Restart after 16 counts facing 12:00  
Wall 4: Restart after 16 counts facing 12:00