

# OK Now

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lee Fowler (UK)  
音乐: O.K. - Big Brovaz



Start 16 counts after first piano beat, on the word 'OK' of the main lyrics, with legs shoulder width apart with the weight on the left leg

## HEEL, TOE, POINT RIGHT & POINT LEFT, RIGHT SIDE SHUFFLE

1-2            Touch right heel forward, then replace back next to left foot  
3-4            Touch left toe back, then replace left next to right foot  
5&6           Point right toe to right side, replace right next to left, then point left toe to left side  
&7&8          Replace left next to right foot, the side shuffle to the right (right, left, right,)

## CROSS ROCK, ¼ TURN TO LEFT, FULL TURN, RIGHT ROCK, SHUFFLE BACK

1-2            Cross rock right over left, then replace weight back onto right leg  
3              ¼ turn left placing left foot forward (facing 9 o' clock wall)  
&              ½ turn left stepping back onto right  
4              ½ turn left stepping forward onto left foot  
5-6            Rock forward onto the right foot, recover onto left  
7&8            Right shuffle backwards (right, left, right)

## LEFT ROCK & CROSS, RIGHT ROCK & CROSS, BOUNCE TWICE, RIGHT COASTER STEP

1&2            Rock left to left side, recover onto right, cross left over right  
3&4            Rock right to right side, recover onto left, cross right over left  
5-6            Bounce heels twice while turning ¼ turn left  
7&8            Step right back, left together, right forward

## POINT HITCH POINT, LEFT SHUFFLE FORWARD, POINT HITCH POINT, STEP ¼ TURN LEFT

1&2            Point left to left side, hitch left knee, point left to left side again  
3&4            Left shuffle forward (right, left, right)  
5&6            Point right to right side, hitch right knee, point right to right side again  
7-8            Step forward onto right, turn ¼ to left

## REPEAT

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