

Well Alright

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Bryan Elliott (UK)
音乐: Well All Right - Nanci Griffith



KICK BALL CHANGE TAP-TAP

1&2 Kick right foot forward, step right in place step left in place
&3-4 Touch right toe forward tap right heel twice
5-6 Kick right foot forward, kick right foot to the side
7&8 Sweep right foot behind left, step left beside right, step right beside left
9-16 Repeat steps 1-8, starting with left foot

CHASSE RIGHT ROCK CHASSE LEFT ¼ TURN LEFT, SHUFFLE

1&2 Step right foot to right, step left beside right, step right to right
3-4 Rock left foot across right foot, back on right foot
5&6 Step left foot to left, step right foot beside left, step left foot ¼ turn left
7&8 Step forward on right foot, step left beside right, step forward on right

ROCK, COASTER STEP, MONTEREY TURN

1-2 Rock forward on left foot, back on right
3&4 Step back on left foot, step right beside left, step forward on left
5-6 Touch right foot to right, pivot ½ turn right on left foot bringing right beside left
7-8 Touch left foot to left, step left beside right

SUGAR FOOT HEEL SWITCHES TWICE

1-2 Touch right toe to left instep, touch right heel to left instep
3&4 Touch right heel forward, step right in place, touch left heel forward
5-6 Touch left toe to right instep, touch left heel to right instep
7&8 Touch left heel forward, step left in place step right heel forward

CHASSE, ROCK ½ TURN SHUFFLE, SHUFFLE

1-2 Step right to right, step left beside right, step right to right
3-4 Rock left over right, recover on right
5&6 Step left foot ¼ turn left, step right beside left, step left ¼ turn left
7&8 Step right foot forward, step left beside right, step right forward

ROCK, STEP BACK, ½ TURN SHUFFLE, ROCK

1-2 Rock forward on left foot recover on right
3&4 Half turn left stepping left, right, left
5&6 Step forward right, step left beside right, step forward right
7-8 Step left foot to left, rock onto right

CROSS SHUFFLE, ½ TURN, JAZZ BOX

1&2 Step left foot across right, step right to right, step left across right
3-4 Step right foot to right, pivot half turn left on right foot, stepping left to left
5-6 Cross right foot over left, step back left
7-8 Step right foot to right, step left in place

REPEAT