

It's Ok

拍数: 32 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK)
音乐: It's Alright - Trisha Yearwood



DIAGONAL STEPS FORWARD RIGHT & LEFT, STEP BACK, ½ TURN LEFT, STEP, PIVOT ½ TURN LEFT, STEP, HITCH

1-2 Step right diagonally forward right, step left diagonally forward left, (feet shoulder width apart)

Optional styling:

1-2 Lean body slightly back

3-4 Step back on right, turn ½ turn left stepping forward on left

5-6 Step forward on right, pivot ½ turn left

7-8 Step right diagonally forward right, hitch left knee across right, (facing 12:00)

Easier option:

4-6 Step back on left, rock back on right, rock forward on left

CHASSE LEFT, BACK ROCK, 2 X ¼ TURNS LEFT, CROSS, HOLD AND CLAP

1&2 Step left to left side, close right beside left, step left to left side

3-4 Rock back on right, rock forward on left

5-6 Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side,

7-8 Cross step right over left, hold and clap, (facing 6:00)

SIDE ROCK ¼ TURN RIGHT, LEFT SHUFFLE FORWARD, ROCKING CHAIR STEPS

1-2 Rock left out to left side, recover weight on right turning ¼ turn right

3&4 Left shuffle forward stepping left, right, left

5-6 Rock forward on right, rock back on left

7-8 Rock back on right, rock forward on left, (facing 9:00)

3 COUNT WEAVE LEFT, POINT, CROSS, 2 X ¼ TURNS LEFT, BRUSH

1-2 Cross step right over left, step left to left side

3-4 Cross right behind left, point left toe out to left side

5-6 Cross step left over right, turn ¼ turn left stepping back on right

7-8 Turn ¼ turn left stepping left slightly left, brush right forward, (facing 3:00)

REPEAT

ENDING

Music ends during wall 9 (facing 6:00). Dance to count 14 (2 x ¼ turns), then cross right over left (weight on left). Unwind ½ turn left (end facing 12:00)