

编舞者: Susan Byrne (AUS)

音乐: I'll Be Okay - Amanda Marshall



ROCK STEP, SHUFFLE ½ TURN RIGHT, ROCK STEP, SHUFFLE ½ TURN RIGHT

1-2	Rock forward	on to left.	rock bac	k onto right

3&4 Step left back, pivot ½ turn right stepping onto right, step forward left

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

3&4 Step right back, pivot ½ turn right stepping onto left, step forward right (weight ends on right)

PENDULUM STEP RIGHT-LEFT, ½ BACKWARD PIVOT TURN RIGHT, HEEL BALL CHANCE

9-10 Step left to left side, step right in place

&11-12 Step left next to right, step right to right side, step left in place

13-14 Step/cross right behind left, pivot ½ turn right, touch right heel forward

&15-16 Step backwards onto ball of right, quickly step forward on left, touch right heel forward

(weight ends on right)

BALL CHANGE, ¼ PIVOT TURN, SWIVEL HEELS, CROSS/STEP VINE, ½ TURN RIGHT, SWIVEL HEELS, ¼ PIVOT TURN LEFT, KICK LEFT FORWARD, SHUFFLE BACK

&17-18 Step back on right, step quickly forward onto left, pivot ¼ turn right swiveling both heels to the

right

&19&20 Small hop/step onto right, cross left behind right, small hop/step onto right, cross left over

right

21-22 Pivoting on both feet turn ½ right, swivel both heels right, pivoting on right turn ¼ left, kick left

leg forward (weight is backwards on right foot)

&23&24 Step left foot backwards, step right next to left, step left foot backwards (weight ends on left)

WALK RIGHT-LEFT, BALL CROSS, WALK LEFT-RIGHT, BALL CROSS

25-26 Step right to right side, cross left over right

27&28 Step right to right side, step left in place, cross right over left

29-30 Step left to left side, cross right over left

31&32 Step left to left side, step right in place, cross left over right (weight ends forward on right)

RIGHT SYNCOPATED SAILOR SHUFFLE, LEFT SYNCOPATED SAILOR SHUFFLE. ¼ TURN, ¼ TURN, STEP RIGHT, STEP LEFT

33&34 Step right to right side, cross left behind right, step right to right side 35&36 Step left to left side, cross right behind left, step left to left side 37-38 Step right ¼ turn to right, step left forward turning ¼ turn right

39-40 Step right in place, step/cross left in front of right (weight ends forward on right)

RIGHT SYNCOPATED SAILOR SHUFFLE, LEFT SYNCOPATED SAILOR SHUFFLE. $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, STEP RIGHT, STEP LEFT

Step right to right side, cross left behind right, step right to right side
Step left to left side, cross right behind left, step left to left side
Step right ¼ turn to right, step left forward turning ¼ turn right

47-48 Step right in place, step/cross left in front of right (weight ends forward on right)

CROSS BALL CHANGE WITH HOLD & FINGER SNAPS, 3/4 TURN RIGHT WITH CROSS BALL CHANGE

&49-50 (Moving slightly to right) tap right ball behind left, cross/step left in front of right, hold & snap

fingers

&51-52	(Moving slightly to right) tap right ball behind left, cross/step left in front of right, hold & snap fingers
&53&54	(Beginning a ¾ turn to right) tap right ball behind left, cross/step left in front of right, tap right ball behind left, cross/step left in front of right
&55&56	Tap right ball behind left, cross/step left in front of right, tap right ball behind left, cross/step left in front of right (weight ends on right)

JIVE SWIVEL 1/4 TURNS FORWARD & BACK, 1/2 TURN, WALK FORWARD LEFT-RIGHT

57-58	Turn a ¼ turn left pivoting on ball of left, touch right toe to side, turning ¼ turn right step left next to right
59-60	Turn a $\frac{1}{4}$ turn left pivoting on ball of right, touch left toe to side, turning $\frac{1}{4}$ turn left step left next to left
61-62	Turn a $\frac{1}{4}$ turn left pivoting on ball of left, touch right toe to side, turning $\frac{1}{4}$ turn right step left next to right
63-64	Pivoting on right, turn ½ left, step forward left-right (weight ends on right)

REPEAT