

I'm Alright

拍数: 64 墙数: 2 级数: Improver
编舞者: Sandy Kerrigan (AUS)
音乐: I'm Still Alright - Amber Lawrence



LEFT FORWARD BOX

1-2-3-4 Step left to side, step right together, step forward left, hold
5-6-7-8 Step right to side, step left together, step back right, hold

REVERSE LOCK BACK LEFT 45 DEGREES, REVERSE LOCK BACK RIGHT 45 DEGREES

1-2-3-4 Step back left on back left 45 degrees, cross right over left, step back left, hold
5-6-7-8 Step back right on back right 45 degrees, cross left over right, step back right, hold

ROCK BACK, FORWARD, ¼ RIGHT SIDE, HOLD, TOGETHER, STEP SIDE, CROSS, HOLD

1-2-3-4 Rock back left, rep forward to right, turning ¼ right step left to left side, hold
5-6-7-8 Step right together, step left to left, cross right over left, hold

LEFT SCISSOR STEP, VINE RIGHT, HOLD

1-2-3-4 Step left to left, step right together, cross left over right, hold
5-6-7-8 Step right to right, cross left behind right, step right to right, hold

FORWARD ROCK, REP, STEP SIDE, HOLD, SIDE, TOGETHER, SIDE, HOLD

1-2-3-4 Rock forward left, rep to right, step left to left side (pointing right toe to right side on count 3), hold
5-6-7-8 Step right to right, step left together, step right to right side (pointing left toe left side in the same count of 7) hold

LEFT SAILOR, HOLD, RIGHT SAILOR, HOLD

1-2-3-4 Cross left behind right, step right to right, replace weight to left, hold
5-6-7-8 Cross right behind left, step left to left, replace weight to right, hold

FORWARD, TOGETHER, FORWARD, HOLD, ROCK FORWARD, REP, ½ TURN RIGHT FORWARD

1-2-3-4 Step forward left, step right together, step forward left, hold
5-6-7-8 Rock forward right, replace to left, turning ½ right step forward right, hold

FORWARD, TOGETHER, FORWARD, HOLD, STEP FORWARD RIGHT, ¼ PIVOT LEFT, TOGETHER RIGHT, HOLD

1-2-3-4 Step forward left, step right together, step forward left, hold
5-6-7-8 Step forward right, pivot turn ¼ left, weight to left, step right together, hold

REPEAT

RESTART

End of wall 1 facing the back dance the first 8 counts and start again
On wall 3 facing front do the first 16 count and restart
End of wall 3 facing the back dance the first 8 counts and start again