

Alright

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: I'm Alright - Jo Dee Messina



SYNCOPATED 8-COUNT VINE RIGHT

1-2 Step right foot to right side, cross-step left behind right
&3 Step right foot to right side, cross-step left over right
&4 Step right foot to right side, cross-step left behind right
5-6 Step right foot to right side, cross-step left over right
7-8 Step right foot to right side, tap left heel slightly forward

SYNCOPATED 8-COUNT VINE LEFT

9-10 Step left foot to left side, cross-step right behind left
&11 Step left foot to left side, cross-step right over left
&12 Step left foot to left side, cross-step right behind left
13-14 Step left foot to left side, cross-step right over left
15-16 Step left foot to left side, tap right heel slightly forward

SAILOR SHUFFLES, FORWARD WALK WITH KICK

17&18 Cross/step right foot behind left, step left in place, step right in place
19&20 Cross/step left foot behind right, step right in place, step left in place
21-23 Walk forward right, left, right
24 Kick left forward

BACKWARD WALK, TURNING SHUFFLE, SAILOR SHUFFLES

25-26 Walk back left, right
27&28 Turn ¼ left, step forward on left, step right together, turn ¼ left, step forward on left
29&30 Cross/step right behind left, step left in place, step right in place
31&32 Cross/step left behind right, step right in place, step left in place

¼ TURN, STEP-SLIDE, STEP-SLIDE, JAZZ BOX WITH ¼ TURN

33-34 Turn ¼ right, step right foot forward, slide left foot to right foot
35-36 Step right foot forward, slide left foot to right foot
37-38 Cross/step right over left, step left back
39-40 Turn ¼ right, step right foot forward, step left beside right

JAZZ BOX WITH ¼ TURN, STEP-SLIDE, STEP-SLIDE

41-42 Cross/step right foot over left, step left foot back
43-44 Turn ¼ right, step right foot forward, step left beside right
45-46 Step right foot forward, slide left foot to right foot
47-48 Step right foot forward, slide left foot to right foot

REPEAT
