

Alright!

COPPER **NOB**
BY STEPHEN

拍数: 36 墙数: 2 级数: Improver
编舞者: Timothy Register (USA)
音乐: I'm Alright - Jo Dee Messina



SHUFFLE FORWARD, ROCK, STEP, SHUFFLE BACK ½ TURN, ROCK, STEP

1&2 Shuffle forward right, left, right
3-4 Rock left, recover
5&6 Shuffle back left-right-left making a ½ turn to the left
7-8 Rock right, recover

COASTER STEP, MODIFIED GRAPEVINES LEFT

9&10 Coaster step right-left-right
11-12 Step left ¼ turn to the right, cross right behind left
&13-14 & cross right over left, step left
15&16 Cross right behind left & cross right over left
17-18 Rock left to left, recover

MODIFIED GRAPEVINES RIGHT

19-20 Cross left over right, step right to side
21-22 Pivoting ½ turn to the left on right step left to left, cross right over left
23-24 Step left to side, cross right behind left
25-26 Rock left to left, recover

SAILOR SHUFFLES, RIGHT, LEFT, BODY ROLL, ¾ TURN

27&28 Sailor shuffle left-right-left
29&30 Sailor shuffle right-left-right
31-32 Step right, step left together (shoulder width apart)

On count 31 touch left hip with left hand, count 32 touch right hip with right hand, keep hand position for counts 33 & 34*

33-34 Bend knees down, recover
&35-36 & cross right over left, pivot ¾ turn to the left

REPEAT
