

I'm Alright

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Martie Papendorf (SA) - June 2010
音乐: I'm Alright (American Idol Studio Version) - Crystal Bowersox



Start on vocals.

S1: STEP , TAP, BACK, HEEL, L & R SWIVEL, SIDE, TOGETHER, SIDE, HOOK, SIDE CHASSE, TURN

- 1&2& Step fwd R, tap L behind R, step back L, touch R heel fwd hooking thumbs on belt
3& Step R back, touch ball of L fwd swiveling heel on floor to 2nd position leaning back (keep weight on R)
4& Repeat on L stepping back L , swiveling R, keeping weight on L
5&6& Step R to R side, step L next to R (heel to R instep), step R to side, hook L over R
7&8 Release thumbs and step L to side, R next to L, step L to L spinning $\frac{3}{4}$ on ball of L dragging R in semi circle 3.00

S2: WALK, WALK, 3 STEPS with PUNCHES, SAILOR TURNS x2

- 1, 2 Walk fwd R, Walk fwd L,
3&4 Making punching movements with fists R, L, R (elbows at waist level, fists at shoulder level) step small steps fwd R, fwd L , fwd R ,
5&6 Step L behind R, turn $\frac{1}{4}$ R stepping R to R side, recover L to L side 6.00
7&8 Turn $\frac{3}{4}$ to L stepping R back spinning $\frac{3}{4}$ turn on ball of R foot, step L to L side, recover R to R side

(Restart here on wall 3 adding an '&' count) 9.00

S3: FWRD , CLAP, FWRD, CLAP, BACK, CLAP, BACK, CLAP, L ANCHOR STEP, R ANCHOR STEP

- 1&2& Step fwd L bending knee, clap hands (low), step fwd R bending knee, clap hands (low)
3&4& Step back L straightening up, clap hand chest level, step back R, clap hands chest level
5&6 Step L close behind R turning shoulders/opening body to L side still facing front, recover to R, step back on L close behind R (Anchor step)
7&8 REPEAT Anchor Step on R turning shoulders /opening body to R while facing front

S4: L MAMBO BACK, WALK, WALK, R MAMBO FWRD, BACK, BRUSH, TOE TOUCH

- 1&2 Rock L back, recover to R, step L next to R,
3, 4 Walk fwd R (3), L (4) (with shoulders moving up and down keeping double time &3&4)
5&6 Rock R fwd, recover on L, step R next to L,

(Restart here on wall 5 adding an '&' count) 6.00

- 7&8 Step L back, brush R across L, touch R toe on outside next to L 9.00

RESTARTS:

1. During 3rd wall of (it starts at 6.00), at the end of section 2, add an '&' count stepping back on L and then start again (wall 4).

You will be facing 3.00

2. At the end of the 5th wall (it starts at 9.00) eliminate the last steps of section 4 (count 7&8) and add an '&' count (as in 1st restart) stepping back onto L and start again (wall 6).

You will be facing 6.00

At the end of the 5th wall the music slows down. Just keep going until it speeds up and enjoy it!