

Baby It's Alright

COPPERKNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: John Warnars (NL) - April 2011
音乐: It's Alright - Trisha Yearwood : (CD: Everybody Knows)



Intro 16 counts.

(01 – 08) SIDE STEP, CROSS ROCK, RECOVER, SIDE SHUFFLE, ROCK BACK, RECOVER, KICK BALL POINT;

1 RF Step to right side
2 LF Cross step LF over RF
3 RF Rock back on RF
4 LF Step to left side
& RF Step RF next LF
5 LF Step to left side
6 RF Rock backwards
7 LF weight back on LF
8 RF Kick forwards
& RF Step/close RF next LF
1 LF Touch with toes to left side

(09 – 16) SAILOR STEP, SAILOR STEP ¼ TURN R, STEP, ½ TURN R, SHUFFLE L;

2 LF Cross LF behind RF
& RF Step to right side
3 LF Step to left side
4 RF Cross RF behind LF
& LF Step to left side
5 RF Step with ¼ right forwards (3)
6 LF Step forwards
7 LF+RF Make a ½ turn right (9)
8 LF Step forwards
& RF Step/close next LF
1 LF Step forwards

(17 – 24) FULL TURN, ROCK & CROSS, SIDE ROCK, RECOVER, SIDE SHUFFLE ¼ TURN L;

2 RF Step with ½ turn left backwards (3)
3 LF Step with ½ turn left forwards (9)
4 RF Step/rock to right side
& LF Weight back on LF
5 RF Cross step RF over LF
6 LF Step to left side & sway hips to left (weight on LF)
7 RF Weight back on RF & sway hips to right
8 LF Step to left side
& RF Step/close next LF
1 LF Step with ¼ turn left forwards (6)

(25 – 32) ROCK, RECOVER, ½ SHUFFLE TURN, ROCK, RECOVER, LOCK STEP BACK L;

2 RF Step/rock forwards
3 LF Weight back on LF
4 RF Step with ¼ turn right to right side (9)
& LF Step/close next RF
5 RF Step with ¼ turn right forwards (12)

6 LF Step/rock forward
7 RF Weight back on RF
8 LF Step backwards
& RF Lock/cross step RF for LF
1 LF Step backwards

(33 – 40) ROCK 1/4 TURN R, RECOVER, SIDE SHUFFLE 1/4 TURN R, HIP SWAYS L, R, L;

2 RF Step with 1/4 turn right & sway hips to right (3)
3 LF Weight back on LF & sway hips to left
4 RF Step to right side
& LF Step/close next RF
5 RF Step with 1/4 turn right forwards (6)
6 LF Sway hips to left (weight on LF)
7 RF Sway hips to right (weight on RF)
8 LF Sway hips to left (weight on LF)

RESTARTS, on walls 3 + 5, after count 40

(41 – 48) ROCK & CROSS, ROCK & CROSS, KICK BALL CROSS, KICK BALL CROSS;

1 RF Step to right side
& LF Weight back on LF
2 RF Cross step RF over LF
3 LF Step to left side
& RF Weight back on RF
4 LF Cross step LF over RF
5 RF Kick diagonal right
& RF Step RF behind LF (on ball RF)
6 LF Cross step LF over RF
7 RF Kick diagonal right
& RF Step RF behind LF (on ball RF)
8 LF Cross step LF over RF
1 RF Start again...

**RESTARTS: Dance the third & fifth walls up to count 40,
(count 8 of the fifth block) and (re)start again**

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