

A - OK

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Séverine Fillion (FR) - May 2012
音乐: A-Ok - Neal McCoy : (Album: Twelve)



Start on lyrics (oh oh...)

[1-8] SIDE-TOUCH (R & L) SYNCOPATED VINE, TOUCH, SIDE-TOUCH (L & R), SYNCOPATED VINE 1/4 TURN

1& Right step to side, touch left next to right
2& Left step to side, touch right next to left
3&4& Right to right side, left cross behind right, right to right side, touch left next to right
5&6& Left step to side, touch right next to left
6& Right step to right side, touch left next to right
7&8 Left to left side, right cross behind left, ¼ turn left stepping left fwd 9 :00

[9-16] TOE STRUT FWD, 1/2 TURN & TOE STRUT BACK, COASTER STEP (TWICE)

1& Right ball fwd, drop right heel
2& ½ turn right & left ball back, drop left heel 3 :00
3&4 Right step back, left next to right, right step fwd
5& Left ball fwd, drop left heel
6& ½ turn left and right ball back, drop right heel 9 :00
7&8 Left step back, right next to left, left step fwd

[17-20] STEP DIAGONALLY FWD, HEEL TWIST, KICK, BEHIND SIDE CROSS

1&2 Right step diagonally right fwd, swivel both heels to the right, recover heels to the center
& Kick right diagonally right fwd
3&4 Right cross behind left, left to left side, right cross over left

[21-24] STEP DIAGONALLY FWD, HEEL TWIST, KICK, BEHIND, 1/4 TURN & FWD, STEP FWD

5&6 Left step diagonally left fwd, swivel both heels to the left, recover heels to the center
& Kick left diagonally left fwd
7&8 Left cross behind right, ¼ turn right stepping right fwd, left step fwd * Final 12 :00

[25-32] LOCK STEP FWD, STEP 1/2 TURN STEP, TRIPLE FULL TURN, JUMP APPART, JUMP CROSS, FLICK, SCUFF

1&2 Right step fwd, "lock" left behind right, right step fwd
3&4 Left step fwd, ½ turn right, left step fwd 6 :00
5&6 Full turn left in Triple step : right – left – right * On wall 6 at 12:00, step left (&) + Restart
7 Jump apart on both feet OUT OUT (Right to right, left to left)
& Jump right cross over left (weight on both feet)
8& Jump on left foot with right flick diagonally right back, Scuff right

Restart : On wall 6 at 12 :00 after the count 30, step left next to right (&) then restart the dance at the beginning (no jump!)

Final : The dance stops at the count 24, make a sailor step left ¼ turning left (23 &24) to finish facing front!

Enjoy!!