

It's Okay

拍数: 32

墙数: 2

级数: Easy Intermediate - Funky Samba -
Contra



编舞者: Maria Maag (DK) - October 2013

音乐: Everybody F****s (feat. Akon & David Rush) - Pitbull : (Clean Version)

Intro: 32 counts from first beat (start after he sings : It`okay baby... cause everybody)
Starting position: Find a partner and face each other, see more details below.

Note: This is a contra dance.

Tag: 8 counts tag after wall 13, see more details below.

Ending: After wall 15 Stomp R to R

[1 – 8] Dorothy R + L mambo fw. R, mambo back L,

- 1-2& Step R diagonally fw. R (1), lock L behind R (2), step R diagonally fw R (&) 12:00
- 3-4& Step L diagonally fw. L (3), lock R behind L (4), step L diagonally fw L (&) 12:00
- 5&6 Rock fw. R (5), recover L (&), step R next to L (6) 12:00
- 7&8 Rock back L (7), recover R (&), step L next to R (8) 12:00

[9 – 16] Slide together R, slide together L, out out R+L and hit thighs R+L with your fist, hands up palms out, push shoulders R+L

- 1-2 Slide R to R and bend your L knee and slightly turn your upper body L (1), step R next to L squar up to 12 o`clock 12:00
- 3-4 Slide L to L and bend your R knee and slightly turn your upper body R (3), step L next to R and square up to 12 o`clock (4) 12:00
- 5&6 Step R out and hit R thigh with your R fist (5), step L out and hit L thigh with your L fist (&), take your hands up with palms out touching your new partners hands (6) 12:00
- 7&8& Push shoulders R (as you touch your partners hands)(7), recover shoulders to center (&), push shoulders L (as you touch your partners hands)(8), recover shoulders to center and step R next to L (&) 12:00

[17 – 24] Cross side sailor heel R+L, step R next to L

- 1-2 Cross L over R (1), step R to side (2) 12:00
- 3&4 Cross L behind R (3), step R to side (&), tap L heel diagonally fw. L (4) 12:00
- &5-6 Step L next to R (&), cross R over L (5), step L to side (6) 12:00
- 7&8& Cross R behind L (7), step L to side (&), tap R heel diagonally R (8) Step R next to L squaring up to 12:00 (&) 12:00

[25 – 32] Step fw. L and slap your partner's R hand, ½ turn R, side rock cross L, step touch R, step touch L

- 1-2 Step fw. L and slap your partners R hand in front of you (1), make a ½ turn R stepping down R (2) 06:00
- 3&4 Rock L to side (3), recover R (&), cross L over R (4) 06:00
- 5-6 Step R to side (5), touch L next to R (6) (Styling: Body roll, snake roll, your choice) 06:00
- 7-8 Step L to side (7), touch R next to L (8) (Styling: Body roll, snake roll, your choice) 06:00

Tag: Paddle 8 x1/8 L and shake your body and do jazz hands from down and up from counts 1- 8 ??

- 1&2& 1/8 turn L and touch R to side (1), recover (&), 1/8 turn L and touch R to side (2), recover (&)
- 3&4& 1/8 turn L and touch R to side (3), recover (&), 1/8 turn L and touch R to side (4), recover (&)
- 5&6& 1/8 turn L and touch R to side (5), recover (&), 1/8 turn L and touch R to side (6), recover (&)
- 7&8& 1/8 turn L and touch R to side (7), recover (&), 1/8 turn L and touch R to side (8), recover (&)

Note: How and when to touch and switch partner

[1-8] Dorothy R + L mambo fw. R, mambo back L,

1-2& Start to switch place with your partner in front of you (L shoulder to L shoulder)

3-4& You have now switched place with your first partner

[9-16] Slide together R, slide together L, out out R+L and hit thighs R+L with your fist, hands up palms out, push shoulders R+L

5&6 Take your hands up with palms out touching your new partners hands

7&8& Keep touching your partners hands

[25-32] Step fw. L and slap your partners R hand, ½ turn R, side rock cross L, step touch R, step touch L

1-2 Step fw. L and slap your partners R hand in front of

Ending After wall 15 : Stomp R to side.

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