

Alright

拍数: 32 墙数: 4 级数: Improver
编舞者: Ilze Magone - April 2014
音乐: I'm Doing Alright - Jacob Lyda : (CD: Another Song I Just Had to Write)



Intro: 16 counts, start dancing on lyrics

[1-9] □ Step left forward, Right rock side, Recover, Right cross shuffle left, 1/2 turn left, Left cross, shuffle right

1 Step left forward
2 3 Rock side on right, recover on left
4&5 Cross right over left, step left to left side, cross right over left
6 7 Step left back turning 1/4 right, step right to right side turning 1/4 right (6:00)
8&1 Cross left over right, step right to right side, cross left over right

[10-17] □ Right rock side, Recover, Right Sailor step 1/4 turn left, Left rock forward, Recover, Left coaster step back

2 3 Rock side on right, recover on left
4&5 Cross right behind right, step left forward turning 1/4 left, step right beside left (3:00)
6 7 Rock forward on left, recover on right
8&1 Step left back, step right beside left, step left forward

[18-25] □ Right kick ball, Left touch, Left sailor step 1/2 turn left, Right lock step, Right lock step, Right step

2 3 Right kick forward, left touch left side
4&5 Cross left behind right, step right forward turning 1/2 left, step left forward (9:00)
6 7 Step right forward, left behind right
8&1 Step right forward, cross left behind right, step right forward

[26-32] □ Full turn left, Left shuffle, Right sweep back, Left lock step

2 3 Step left forward turning 1/4 left, step right side turning 3/4 left (9:00)
4&5 Step left to left side, step right beside left, step left to left side
6 7 Right toe draw circle from forward to back behind left, step right back

Easier option for 5 6: Step Right back, Left touch forward beside Right

8&(1) Step left forward, cross right behind left, (step left forward)

Restart: dance the 7th wall until counts 16 &

Contact: sarmiteg@inbox.lv