

Be Okay

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Terry McLeroy (USA) - February 2014
音乐: Be Okay - Oh Honey



Start Dancing on Lyrics

STEP LOCK, SHUFFLE STEPS (AT ANGLE RIGHT), STEP LOCK, SHUFFLE STEPS (AT ANGLE LEFT)

1 2 3 & 4 Step R Forward (1), Lock L behind R (2), Shuffle forward R L R (3&4)

5 6 7 & 8 Step L Forward (5), Lock R Behind L (6), Shuffle forward L R L (7&8)

RECOMMEDATION – When leading with R or L, Drop leading shoulder down and raise when stepping and putting weight on trailing foot

ROCK RECOVER, COMPLETE TURN OVER RIGHT SHOULDER, ROCK BACK, RECOVER, SHUFFLE FORWARD

1 2 3 4 Rock R Forward (1), Recover Left (2), ½ Turn Over R Shoulder Stepping Forward On R (3),
½ Turn over R Shoulder Stepping Back On L (4)

*** TAG - WALL 5 ***

5 6 7 & 8 Rock Back R (5), Recover L (6), Shuffle Forward R L R (7&8)

SIDE ROCK, RECOVER, BEHIND TURN ¼ STEP, STEP, ROCK FORWARD, RECOVER, ½ TURN OVER R SHOULDER, WALK FORWARD

1 2 3 & 4 Rock L To Side (1), Recover R (2), Step L Behind R (3), Step R To Side turning ¼ R (&), Step Forward L (4)

5 6 7 8 Rock Forward R (5), Recover L (6), Make ½ Turn over R onto R (7), Step Forward L (8)

*** RESTART WALLS 3, 8, ADD TAG WALL 11 ***

WALK FORWARD (2), BALL STEP, STEP FORWARD, REPEAT

1 2 & 3 4 Walk R (1), L (2), Step R To Side (&), Recover L (3), Step Forward R (4)

5 6 & 7 8 Walk L (5), R (6), Step L To Side (&), Recover R (7), Step Forward L (8)

RESTART DANCE *****

#2 Restarts

*1 - After 24 counts of 3rd wall

** 2 - After 24 counts of 8th wall

Tag – 5th wall

5 6 7 8 After 12 Counts, Rock Back R (5), Recover L (6), Walk Forward R (7) L (8) Then Restart

Tag – 11th Wall

After 24 Counts Of 11th Wall, Hold (For 4 Counts), Then Restart

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Last Update – 4th Sept 2014