

It's Gonna Be OK

COPPER KNOB
BY STEPHEN

拍數: 80 牆數: 0 級數: Phrased Improver / Intermediate
編舞者: Martine Canonne (FR) - October 2017
音樂: OK (feat. James Blunt) - Robin Schulz : (Album: The Afterlove)



Sequence: A B B C - B B B C - A C B A
Start : 2 X 8 counts

PART A : 16 COUNTS (SLOW MUSIC)

A[1 – 8] STEP R, SWEEP & CROSS L, SIDE R, BEHIND L & SWEEP R, SIDE L, ROCK CROSS-SIDE, ROCK CROSS-1/4 TURN L

- 1 – 2& Step R fwd, sweep L to finish cross L over R, step R to R side
- 3 – 4& Cross L behind R & sweep R, cross behind L, step L to L side
- 5 – 6& Cross R over L, recover on L, step R to R side
- 7 – 8& Cross L over R, recover on R, ¼ turn L stepping L fwd (weight on L)

A[9 – 16] REPEAT COUNTS 1-8

PART B : 32 COUNTS

B[1 – 8] ROCK STEP, TRIPLE ½ TURN R, (START FIGURE OF 8) STEP TURN, PIVOT ¼ TURN R, BEHIND R

- 1 – 2 Step R fwd, recover on L
- 3 & 4 ¼ turn R stepping R to R side, step L next to R, ¼ turn R stepping R fwd
- 5 – 6 Step L fwd, ½ turn R (weight on R)
- 7 – 8 Pivot ¼ turn R stepping L to L side, cross R behind L

B[9 – 16] ¼ TURN L, STEP TURN, PIVOT ¼ TURN L, SIDE R, BEHIND L, ¼ TURN R (FINISH FIGURE OF 8), TRIPLE L FWD

- 1 – 3 ¼ turn L stepping L fwd, step R fwd, ½ turn L (weight on L)
- 4 – 6 Pivot ¼ turn L stepping R to R side, cross L behind R, ¼ turn R stepping R fwd
- 7 & 8 Step L fwd, step R next to L, step L fwd

B[17 – 24] PIVOT ¼ TURN L, HOLD, TOGETHER & SIDE R, TOUCH, ¼ TURN L, PIVOT ½ TURN L, TRIPLE ½ TURN L

- 1 – 2 Pivot ¼ turn L stepping R to R side, hold
- &3 – 4 Step L next to R (&), step R to R side, touch L next to R
- 5 – 6 ¼ turn L stepping L fwd, pivot ½ turn L stepping R back
- 7 & 8 ¼ turn L stepping L to L side, step R next to L, ¼ turn L stepping L fwd

B[25 – 32] ROCK STEP, BACK OUT-OUT, BACK IN-IN, ROCK BACK, STEP TURN

- 1 – 2 Step R fwd, recover on L
- & 3 Step R back out on R, step L out (weight on L)
- & 4 Step R back in on R, step L next to R (weight on L)
- 5 – 6 Step R back, recover on L
- 7 – 8 Step R fwd, ½ turn L (weight on L)

PARTIE C : 32 COUNTS

C[1 – 8] SIDE ROCK R & L, ¼ TURN L WITH SIDE ROCK R & L

- 1 – 2& Step R to R side, recover on L, step R next to L (weight on R)
- 3 – 4& Step L to L side, recover on R, ¼ turn L stepping L next to R (weight on L)
- 5 – 6& Step R to R side, recover on L, step R next to L (weight on R)
- 7 – 8& Step L to L side, recover on R, step L next to R (weight on L)

C[9 – 16] ROCK STEP R & L, STEP TURN X 2

1 – 2& Step R fwd, recover on L, step R next to L (weight on R)

3 – 4& Step L fwd, recover on R, step L next to R (weight on L)

5 – 8 Step R fwd, ½ turn L, step R fwd, ½ turn L (weight on L)

C[17 – 32] REPEAT COUNTS 1 – 16

FINISH : finish with part A (06:00). After counts 8th, make ½ turn L stepping L fwd for finish 12:00

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