

Gonna Be Alright

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Helaine Norman (USA) - February 2018
音樂: Everything's Gonna Be Alright - David Lee Murphy & Kenny Chesney



No Tags Or Restarts

SI. TOE HEEL STEP (ALL X2); KICK BALL TOUCH, SCISSOR

1&2 Touch R toe (inward), R touch heel (outward), step R forward
3&4 Repeat 1&2 on opposite side
5&6 Kick R, step R, touch L together
7&8 Rock L side, recover R together, cross L over R

SII. SIDE BEHIND, 1/4 TURN SHUFFLE; PIVOT 1/2 TURN, SHUFFLE

1-2 Step R side, cross L behind R
3&4 Step R forward making 1/4 turn right, step L together, step R forward (3:00)
5-6 Step L forward, step R forward making 1/2 turn right (9:00)
7&8 Step L forward, step R together, step L forward

SIII. STEP BRUSH HITCH COASTER (ALL X2)

1-2& Step R, brush L forward, hitch L
3&4 Step L back, step R together, step L forward
5-8 Repeat 1-2&, 3&4

Optional styling for 1-2&: While hitching L knee, rise up on R ball and drop heel (quickly)

SIV. CROSS SIDE SAILOR (ALL X2)

1-2 Cross R over L, step L side
3&4 Cross R behind L, rock L side (with ball of L foot), step R slightly forward
5-8 Repeat 1-2, 3&4 on opposite side

V. ROCK RECOVER, ROCK BACK 1/4 TURN, 1/4 TURN RETURN, ROCK RECOVER, 1/4 TURN SAILOR

1-2 Rock R forward, recover L
3-4 Rock R back making 1/4 turn right (12:00), recover L making 1/4 turn left (9:00)
5-6 Rock R forward, recover L
7&8 Cross R behind L making 1/4 turn right (9:00), step L side, step R side

Optional styling for count 3: Turn head and look back over right shoulder.

VI. ROCK RECOVER, ROCK BACK 1/4 TURN, 1/4 TURN RETURN, ROCK RECOVER, 1/4 TURN SAILOR, HOLD

1-2 Rock L forward, recover R
3-4 Rock L back making 1/4 turn left (9:00), recover L making 1/4 turn right (12:00)
5-6 Rock L forward, recover R
7&8& Cross L behind R making 1/4 turn left (9:00), step R side, step L side

Begin again

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Last Update - 7th March 2018