

It's OK

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - March 2018
音樂: Ok - Ilse DeLange



Intro: Start after 32 counts, When she starts to sing

[1-8] Walks fwd R, L, Kick Ball Step, Cross , Back , Side rock , Recover , Together

1 – 2 Walk fwd R, L
3 & 4 Kick R fwd, Step R down, Step L fwd
5 – 6 Step R across L, Step L back
7- 8& Rock R to R side, Recover on L, Step R next to L

[9-16] Side Rock , Recover, Behind , Side, Cross, Chasse ¼ R, Step fwd, Pivot ½ R

1 – 2 Rock L to L side , Recover on R
3 & 4 Step L behind R, Step R to R side, Step L across R
5 & 6 Step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)
7 - 8 Step L fwd, Pivot ½ Turn R (09.00)

[17-24] Step fwd, Hold, Together, Step Fwd, Scuff, Jazz Box Cross

1 – 2 Step L fwd, Hold
&3-4 Step R next to L, Step L fwd, Scuff R fwd
5 – 8 Step R across L, Step L back, Step R to R side, Step L across R

[25-32] Rolling Vine R, Touch, Point, ¼ Turn L,, Coaster Step

1 – 4 ¼ Turn R step R to R side, ½ Turn R step L back, ¼ Turn R step R to R side, Touch L next to R (09.00)
5 – 6 Touch L to L side, Make ¼ turn L (Wiehgt stays on R)
7 & 8 Step L back, Step R next to L, Step L fwd (06.00) **R**

[33-40] Shuffle ½ Turn L x2, Jazz Box ¼ Turn R

1 & 2 ¼ Turn L step R to R side, Step L next to R, ¼ turn L step R back
3 & 4 ¼ Turn L step L to L side, Step R next to L, ¼ turn L step L fwd (06.00)
5 – 8 Step R across L, ¼ Turn R step L back, Step R to R side, Step L fwd (09.00)

[41-48] Heel Grind R & L, Rocking chair

1-2& Turn on R Heel, Recover on L, Step R next to L
3-4& Turn on L Heel , Recover on R, Step L next to R
5 – 8 Rock R fwd, Recover on L, Rock R back, Recover on L

[49-56] Step fwd. Point x2. Touch back, ½ R, Step fwd, Pivot ½ R

1 – 2 Step R fwd. point L to L side
3 – 4 Step L fwd, Point R to R side
5 – 6 Touch R back, Make ½ Turn R (03.00)
7 – 8 Step L fwd, Pivot ½ Turn R (09. 00)

[47-64] Side Rock, Recover , Behind , Side, Cross, Points fwd and Back, Kick Ball Step

1 – 2 Rock L to L side , Recover on R
3 & 4 Step L behind R, Step R to R side, Step L across R
5 – 6 Point R fwd, Point R back
7 & 8 Kick R fwd, Step R down, Step L fwd

Start again

Restart during wall 5 (front wall) - After count 32 . Hold for 2 counts and start again with count 1

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Last Update 29th March 2018
