

Kita OK

拍數: 48 牆數: 2 級數: Easy Intermediate
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音樂: Kita OK - Zizan Razak



Intro : 16 count

Add 4 count Bridge at Wall 1 after 32 count. 1 Restart at Wall 5 after 32 count.

SEC 1 : TOUCH Rx2, BEHIND SIDE CROSS, TOUCH Lx2, BEHIND 1/4R FORWARD STEP L FORWARD

1-2 Touch R to R x 2 [open both arm with palm facing up]
3&4 Step R behind L, close L next R, cross R over L
5-6 Touch L to L x 2 [both palm facing down – move R down, L up (5), R up, L down (&), R down, L up (6)]
7&8 Step L behind R, step R ¼ R forward, step L forward (3)

SEC 2 : MAMBO R FORWARD, MAMBO L BACK 1/4 TURN L, MAMBO R FORWARD, MAMBO L BACK

1&2 Step R forward, recover on L, step back on R
3&4 Step back on L, recover on R, step L forward 1/4 L
5&6 Rock R forward, recover on L, step back R (12)
7&8 Rock back on L, recover on R, step L forward

[option: basic Joget steps]

SEC 3 : CROSS TOUCH R OVER L, TOUCH R, R COASTER, CROSS TOUCH L OVER R, TOUCH L, 5/8 L COASTER

1-2 Cross touch R over L, touch R to R,
3&4 Step R diagonal back , close L next to R, step R forward (1.30)
5-6 Cross touch L over R, touch L to L,
7&8 Step back on L 5/8 turning L, close R next to L, step L forward (9)

SEC 4 : R CROSS ROCK, RECOVER, STEP R, L CROSS ROCK, RECOVER, STEP L, CROSS R BEHIND, RECOVER, STEP R, CROSS L BEHIND, RECOVER, STEP L

1&2 Cross rock R over L, recover on L, step R to R
3&4 Cross rock L over R, recover on R, step L to L
5&6 Cross R behind L, recover on L, step R to R
7&8 Cross L behind R, recover on R, step L to L

[option: swing both arm at the side low like Sumazau style]

Add 4 count Bridge on Wall 1 (facing 9) - Close R to L & bring both hands together in front of chest

Restart after 32 count Wall 5 – 7&8 : Cross L behind R, recover on R, step L to 1/4L (facing 6)

SEC 5 : STEP R FORWARD, HAND MOVEMENT, 1/2 TURN L, HAND MOVEMENT

1-8 Press R forward – hand movement : R hand up, L hand down both showing “OK” as you rotate up & down and body slowly move to L. Weight on R (count 5), press L 1/2 turning L - move R hand up & L hand down as you move your body to L (ending L hand up & R hand down)

SEC 6 : L SHUFFLE, PIVOT 1/2 L, SHUFFLE R, 3/4 TURNING R

1&2 Step L forward, close R next to L, step L forward
3-4 Step R forward, 1/2 turning L by stepping on L
5&6 Step R forward, close L next to R, step R forward
7&8 Step back L 1/2 turning R, step R to 1/4 R, cross L over R [for easy walk L,R, cross 1/4 L over R] (6)

