

Gonna'B'Alright

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kim Liebsch (DK) - August 2019
音樂: Be Alright - Rasmus Walter : (3:23)



Intro: 8 counts after 1st beat (appr. 4 seconds) Start with weight on L foot

#1 section Chasse, ´ cross rock, chasse, back rock

1&2 Step R to R side, close L beside R, step R to R side 12:00
3-4 Cross L over R, recover on R 12:00
5&6 Step L to L side, close R beside L, step L to L side 12:00
7-8 Rock back on R, recover on L 12:00

#2 section Step ¼ turn, cross side, side cross, ¼ turn side

1-2 Step fw. on R, make ¼ turn L stepping L to L side 9:00
3-4 Cross R over L, step L to L side 9:00
5-6 Recover on R, cross L over R 9:00
7-8 Make ¼ turn L stepping back on R, step L to L side 6:00

#3 section Extended vine, cross rock, side rock

1-2 Cross R over L, step L to L side 6:00
3-4 Cross R behind L, step L to L side 6:00
5-6 Cross R over L, recover on L 6:00
7-8 Rock R to R side, recover on L 6:00

#4 section Behind ¼ turn, rocking chair, step ¼ turn

1-2 Cross R behind L, make ¼ turn L stepping fw. on L 3:00
3-4 Rock fw. on R, recover on L 3:00
5-6 Rock back on R, recover on L 3:00
7-8 Step fw. on R, make ½ turn L stepping fw. on L 9:00

#5 section Step ¼ turn, cross back back X 2

1-2 Step fw. on R, make ¼ turn L stepping L to L side 6:00
3-4 Cross R over L, step back on L 6:00
5-6 Step back on R, cross L over R 6:00
7-8 Step Back on R, step back on L 6:00

#6 section Cross shuffle, side rock, behind side, cross shuffle

1&2 Cross R over L, step L to L side, cross R over L 6:00
3-4 Rock L to L side, recover on R 6:00
5-6 Cross L behind R, step r to R side 6:00
7&8 Cross L over R, step R to R side, cross L over R 6:00

#7 section Step ¼ turn hold, step ½ turn, cross point X 2

1-2 Make ¼ turn R stepping fw. on R, hold 9:00
3-4 Step fw. on L, make ½ turn R stepping fw. on R 3:00
5-6 Cross L over R, point R to R side 3:00
7-8 Cross R over L, point L to L side 3:00

#8 section Behind side, cross point, behind ¼ turn, step ½ turn

1-2 Cross L behind R, step R to R side 3:00
3-4 Cross L over R, point R to R side 3:00

5-6 Cross R behind L, make $\frac{1}{4}$ turn L stepping fw. on L 12:00
7-8 Step fw. on R, make $\frac{1}{2}$ turn L stepping fw. on L 6:00

GOOD LUCK &! N'JOY

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