

# Be Okay

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - June 2020  
音樂: Be Okay - R3HAB & HRVY : (iTunes)



(Dance starts on lyrics: 8 counts intro)

**[S1] Step-Lock-Step-Lock-Step-Close, Side-Behind-1/4R-Close, Side-Behind-1/4L, 1/2R Close**

- 1&2&      Moving diagonally left forward - Step forward on L, Lock R behind L, Step forward on L, Lock R behind L  
3          Step forward on L and drag R next to L  
4&5      Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R and drag L next to R (3:00)  
6&      Step L to the side, Step R behind L  
7 8      Make a 1/4 turn left stepping forward on L (12:00), Make a 1/2 turn right on ball of right foot and drag L next to R (6:00)

**[S2] Step-Lock-Step-Lock-Step-Close, Side-Behind-1/4L-Close, Side-Behind-1/4R, Step-Pivot 1/2R**

- 1&2&      Moving diagonally right forward - Step forward on R, Lock L behind R, Step forward on R, Lock L behind R  
3          Step forward on R and drag L next to R  
4&5      Step L to the side, Step R behind L, Make a 1/4 turn left and drag R next to L (3:00)  
6&7      Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (6:00)  
8&      Step forward on L, Make a 1/2 turn right recover weight in R (12:00)

**[S3] Rocking Chair, Touch-1/4L, Shuffle Back, Rock Back-Fwd-Back-1/2R, Shuffle Back-into**

- 1&2&      Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R  
3&      Touch L to the left, Make a 1/4 turn left on ball of right foot weight ends on R  
4&5      Shuffle back L-R-L  
&6&      Step/rock back on R, Step/rock forward on L, Step/rock back on R  
7      Make a 1/2 turn right recover/stepping back on L (3:00)  
8&1      Shuffle back R-L-R (prep for 1/4L sailor turn)

**[S4] Sailor 1/4L into Double Heel-&-Touch-&-Heel, Sailor 1/4L Fwd-into**

- 2&      Make a 1/4 turn left stepping L behind R, Step R to the side (12:00)  
3 4&      Place L heel diagonally forward twice (3 4), Step L next to R (&)  
5&6      Touch R next to L, Step back on R, Place L heel diagonally forward  
7&8      Make a 1/4 turn left on R foot while sweeping/stepping back on L, Step R to the side, Step forward on L (prep for right turn) (9:00)

**[S5] -1/2R-1/4R Side Shuffle, Rock Behind-Side, Behind-Side-Cross Shuffle w/ Sweep**

- 1      Make a 1/2 turn right recover/stepping forward on R  
2&3      Make a 1/4 turn right side shuffle to the left L-R-L (6:00)  
4&5      Rock R behind L, Recover/replace weight on L, Step R to the side  
6&      Step L behind R, Step R to the side  
7&8      Cross L over R, Step R close to L, Cross L over R and sweeping R from the back to the front

**[S6] Cross-Side-Back w/Sweep, Behind-Side-Fwd w/Sweep, Cross-Back-Back-Cross-Back-1/2L Fwd-1/2L w/ Close Touch**

- 1&2      Cross R over L, Step L to the side Step back on R and sweeping L from the front  
3&4      Step L behind R, Step R to side, Step forward on L and sweeping R from the back  
5&6&      Cross R over L, Step back on L, Step back on R, Cross L over R  
7&      Step back on R, Make a 1/2 turn left stepping forward on L

8&  
**\*\*R\*\*** Step forward on R, Make a 1/2 turn left on ball of right foot and touch close L in front of (6:00)

**[S7] Side-Together-Fwd, Side-Together-Shuffle Back, 1/4L Side-Together-Fwd, Side-Together-Back**

1&2 Step L to the side, Step R together, Step forward on L  
3& Step R to the side, Step L together  
4&5 Shuffle back R-L-R  
6&7 Make a 1/4 turn left stepping L to the side, Step R together, Step forward on L (3:00)  
8&1 Step R to the side, Step L together, Step back on R

**[S8] Back Rock-Fwd Rock-Recover 1/4L, Paddle Turn, Fwd Rock-Recover 1/4R, Fwd-1/2R Together**

2& Rock back on L, Recover weight on R  
3&4 Rock forward on L, Recover weight on R, Make a 1/4 turn left stepping forward on L (12:00)  
5& Step forward on R, Make a 1/4 turn left recover weight on L (9:00)  
6&7 Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (12:00)  
8& Step forward on L, Make a 1/2 turn right on ball of left foot and step R next to L (6:00)

**\*\*Restart on Wall 2 count 48\*\* (12:00)**

Ending: The last wall starts 6:00 o'clock  
Dance up to count 48 finishes at the front.

(updated: 8/June/20)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

---