

It's Ok

COPPER KNOB
STEPPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Bubba Jones (USA) - October 2020
音樂: OK Not to Be OK (Duke & Jones Remix) - Marshmello, Demi Lovato & Duke & Jones



#16 Count Intro

Kick forward R, Kick R ¼ turn R, Coaster Step RLR, Rock Recover L, R, Shuffle 1/2turn L, LRL

1-2 Kick R Forward, Kick R ¼ R
3 & 4 Coaster Step - RLR
5 -6 Rock L Forward Recover Back R
7 & 8 Shuffle ½ Turn L, LRL

Cross Step, Sailor Step X2

1 - 2 Cross R over L, Step L to L Side
3 & 4 Sailor Step, RLR
5 - 6 Cross L over R, Step R to R Side
7 & 8 Sailor Step, LRL

Heel Grind Turn ¼ R, Coaster Step RLR, Shuffle Forward, LRL then RLR

1 - 2 R Heel Tap on Floor then twist heel to R ¼ turn R
3 & 4 Coaster Step RLR
5 & 6 Shuffle Forward, LRL
7 & 8 Shuffle Forward, RLR

Jazz Box ¼ L X2

1 - 4 Jazz Box ¼ L, LRLR
5 - 8 Jazz Box ¼ L, LRL Touch R

START OVER

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