

Bist Du Okay?

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Sonja Vocke (DE) - November 2020
音樂: Bist du Okay - Mark Forster & VIZE



Phrased: A, A, B, B, Tag (4 cts.), B, B, A, A, B, B
Intro: after 16 counts, start with Lyrics

PART A - 32 counts

[1-8] Step Fwrd. 3x, Sweep, Cross, Side Behind, Sweep

1-2 step RF fwd. (1), step LF fwd. (2)
3-4 step RF fwd. (3), sweep LF from back to front (4)
5-6 cross LF over RF (5), step RF right (6)
7-8 step LF behind RF (7), sweep RF from front to back (8)

[9-16] Back 3x, Close, Full Turn Fwrd., Step Fwrd.

1-2 step RF back (1), step LF back (2)
3-4 step RF back (3), close LF next to RF (4)
5-6 ¼ turn right step on RF (5) 3:00, ¼ turn right step on LF (6) 6:00
7-8 ½ turn right step on RF (7) 12:00, step LF fwd. (8)

[17-24] Side Rock, Recover, Back, Close, Step ½ Turn Left, Side Rock Recover

1-2 rock RF right (1), recover on LF (2)
3-4 step RF back (3), close LF next to RF (4)
5-6 step RF fwd (5), ½ turn left step on LF (6) 6:00
7-8 rock RF right (7), recover on LF (8)

[25-32] Cross, Hitch, Cross, Back, Full Turn Back, Side Rock, Recover, Ball Step

1-2 cross RF over LF (1), hitch LF over RF (2)
3-4 cross LF over RF (3), step RF back (4)
5-6 ¼ turn left step on LF (5) 3:00, ¾ turn left step on RF (6) 6:00
7-8& rock LF left (7), recover on RF (8), L ball step next to RF (&)

PART B - 32 counts

[1-8] Step Fwrd., Toe Switches, Cross, Ball Step Back, ¼ Turn Left, Cross Chassé Left

1 step RF fwd. (1)
2& touch L toes left (2), close LF next to RF (&)
3&4 touch R toes right (3), close RF next to LF (&), touch L toes left (4)
5 cross LF over RF (5)
6& R ball step back (6), LF ¼ turn left (&), 9:00
7&8 cross chassé left: RF-LF-RF (7&8)

[9-16] Side Rock, Recover, Close, Coaster Step, Step ½ Turn Right, Close, Heel Switches

1 rock LF left (1)
2& recover on RF (2), close LF next to RF (&),
3&4 step RF back (3), step LF next to RF (&), step RF fwd (4)
5 step LF fwd. (5)
6& ½ turn right left step on RF (6) 3:00, close LF next to RF (&)
7&8 touch R heel right (7), close RF next to LF (&), touch L heel left (8)

[17-24] Slide back with Knee Pop 2x, Ball Step, ¼ Turn Right Cross Chassé Left, Back 2x, Close, Brush 3x

1 slide LF back popping R knee up (1)
2& slide RF back popping L knee up (2), ball step L next to RF (&)

3&4 turn ¼ right 6:00 cross chassé left: RF-LF-RF (3&4)
5 step LF back (5)
6& step RF back (6), close LF next to RF (&)
7&8 brush RF fwd. (7), brush RF back into a slight hook (&), brush RF fwd. (8)

[25-32] Side, Lock, ¼ Turn Right, Step ¼ Turn Right, Cross, Side, ¼ Turn Left, Ball Step, ¼ Turn Left Cross Chassé Right

1 step RF right (1),
2& lock LF behind RF (2), ¼ turn right step on RF (&) 9:00
3&4 step LF fwd. (3), ¼ turn right step on RF (&) 12:00, cross LF over RF (4)
5 step RF right (5)
6& ¼ turn left step on LF (6) 9:00, ball step R next to LF (&)
7&8 turn ¼ left 6:00 cross chassé right: LF-RF-LF (7&8)

Tag (12:00) 4 cts.: Step ½ Turn Left, Step ½ Turn Left

1-2 step RF fwd (1), ½ turn left step on LF (2) 6:00
3-4 step RF fwd (3), ½ turn left step on LF (4) 12:00

Are you okay? Then start again and have fun...

Is the dance okay?

All kind of feedback is welcome! Write to: s.vocke@gmx.net
