

Not Alright Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Sebastiaan Holtland (NL) - April 2021
音樂: Not Alright - Pink Sweat\$: (Album: 2021)



****2 Restarts after 16 counts, (12.00).**

Introduction: 8 counts, start approx 05 sec.

Part 1. [1-8] Side L, Back Rock R, Side Cha Cha R, Cross Rock L, Side L, R Together.

1,3 Step Lf to L (1), Rock Rf back (2), Recover back onto Lf (3).
4&5 Step Rf to R (4), Step Lf beside Rf (&), Step Rf to R (5).
6,7 Cross Rock Lf fwd (6), Recover back onto Rf (7).
8& Step Lf to L (8), Step Rf beside Lf (&).

Part 2. [9-16] L Side , Hold, Together, L Side, Hold, Together, Side Rock L, Behind, Side, Together.

1,2 Step Lf to L (1), Hold (2).
&3,4 Step Rf beside Lf (&), Step Lf to L (3), Hold (4).
&5,6 Step Rf beside Lf (&), Rock Lf to L (5), Recover back onto Rf (6).
7&8 Step Lf behind Rf (7), Step Rf to R (&), Step Lf beside Rf (8) (with restarts holding weight onto Rf).

(NB Restart here in wall 3/6 after 16 counts, after start again (12.00).

Part 3. [17-24] Side R, Back Rock L, Step Lock Step L Fwd, Fwd Rock R, R Back, Together.

1,3 Step Rf to R (1), Rock Lf back (2), Recover back onto Rf (3).
4&5 Step Lf fwd (4), Lock Rf behind Lf (&), Step Lf fwd (5).
6,7 Rock Rf fwd (6), Recover back back onto Lf (7).
8& Step Rf back (8), Step Lf beside Rf (&).

Part 4. [25-32] R Back, Back Rock L, ½ Shuffle Turn L, Back Rock R, Step R.

1 Step Rf back (1).
2,3 Rock Lf back (2), Recover back onto Rf (3).
4&5 ½ Shuffle turn R (L, R, L) (4&5).
6,8 Rock Rf back (6), Recover back onto Lf (7), Step Rf fwd (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com