

It's OK

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR) - 3 November 2021
音樂: It's Ok - Imagine Dragons : (CD: Imagine Dragons)



Intro: Start the dance on the word «hear» after 16 counts (10 seconds).

Motion: Smooth (West Coast Swing styling).

SOD: Speed Of Dance; Normal.

[1 - 8] Side Rock, Cross, 1/2 Spiral turn, Walk forward, Anchor Step.

1,2 Step right to right side (1), Rock (recover) weight back onto left (2). 12:00
3 Cross right over left (3).
4 Step to left side and Pivot (spiral) ½ turn right on left foot crossing right over left (4). 6:00
5,6 Step forward on right (5), Step forward on left (6).
7&8 Lock right behind left (7), Step down again on left (&), Step back on right (8).

[9 - 16] Point, Unwind, 1/4 Chase turn, ¼ Pivot turn twice, Cross Shuffle.

1,2 Point left toe back (1), Unwind ½ turn left (2). 12:00
3&4 Step forward on right (3), Turn (swivel) ¼ turn left (&), Cross right over left (4). 9:00
5 Turn (pivot) ¼ turn right Stepping back on left (5). 12:00
6 Turn (pivot) ¼ turn right Stepping right to right side (6). 3:00
7&8 Cross left over right (7), Step right to right side (&), Cross left over right (8).

Restart: Restart from here on wall 4. You will face kl. 12:00.

[17 - 24] Diagonally forward, Prep left, 3/8 turn, ¼ Pivot turn, Sailor ¼ turn, Mambo ¼ turn.

1 Step right diagonally forward right (1). 4:30
2 Prep left by angeling upper body to left diagonal (2). 1:30
3 Turn 3/8 turn right Stepping forward on right (3). 6:00
4 Turn (pivot) ¼ turn right Stepping left to left side (4). 9:00
5& Cross right behind left (5), Turn ¼ turn right Stepping left next to right (&). 12:00
6 Step slightly forward on right (6).
7& Step forward on left (7), Rock (recover) weight back again onto right (&).
8 Turn (pivot) ¼ turn left Stepping left forward (8). 9:00

[25 - 32] Low Kick, Push back on right (pendel right leg forward & back), Hold/Drag, Ball-Step. Rocking Chair, Side Rock & Cross.

1 Pendle a right leg into a low kick forward (1).
2 Pendle the leg back again into a long Step back (2).
3 Drag left foot next to right (3).
&4 Step left next to right (&), Step forward on right (4).
5& Step forward on left (5), Rock (recover) back again onto right (&).
6& Step back on left (6), Rock (recover) weight forward again onto right (&).
7& Step left to left side (7), Rock (recover) weight back again onto right (&).
8 Cross left over right (8).