

Not Okay

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Aurora de Jong (USA) - December 2023
音樂: Not Okay - Remo Forrer



No Tags or Restarts

****Unfortunately, there's basically no intro, so begin the dance with your R pointed to the right and then lift your R foot on count 2 in preparation for the cross shuffle on 3&4****

R side rock/recover, R cross shuffle, ½ hinge turn, cross touch

1-2 Rock R to right (1), recover to L (2) ****see note at top for initially starting the dance****
3&4 Step R across L (3), step ball of L to R (&), step R across L (4)
5-6 Hinge turn: Step L back, turning ¼ right (5), step R to right, turning ¼ right (6) (6:00)
7-8 Step L across R (7), touch R toe to L heel (8)

Step/drag, ball cross, ¼ left L step forward, R forward rock/recover, step/drag

1-2 Step R big step back (1), drag L to R (2)
&3-4 step ball of L next to R (&), step R across L (3), step L forward, turning ¼ left (4) (3:00)
5-6 Rock R forward (5), recover to L (6)
7-8 Step R big step back (7), drag L back (8)

L back rock/recover, 1/2 right pivot turn, ¼ right step/touch, step touch with hip rolls

1-2 Rock L back (1), recover to R (2)
3-4 Step L forward (3), pivot ½ right, putting weight to R (4) (9:00)
5-6 Step L to left, turning ¼ right and rolling hips CW (5), touch R to right (6) (12:00)
7-8 Roll hips CCW, putting weight to R (7), point L to left (8)

Behind-side-cross-point, behind-side-cross rock/recover

1-2 Step L behind R (1), step R to right (2),
3-4 Step L across R (3), point R to right (4)
5-6 Step R behind L (5), step L to left (6),
7-8 Rock R across L (7), recover to L (8)

(optional arms for counts 7&8 of wall 1: pretend to grab a steering wheel and turn it left, then right - lyrics say "steer me wrong" at this spot!)

¼ step right, ball/ ¼ step right (3x) (make it circular and fluid)

1-2 Step R forward, turning ¼ right (1), hold (2) (3:00)
&3-4 Step ball of L to R (&), step R forward turning ¼ right (3), hold (4) (6:00)
&5-6 Step ball of L to R (&), step R forward turning ¼ right (5), hold (6) (9:00)
&7-8 Step ball of L to R (&), step R forward turning ¼ right (7), hold (8) (12:00)

ball/ ¼ step right into complete K step

&1-2 Step ball of L to R (&), step R forward turning ¼ right (1), touch L to R (2) (3:00)
3-4 Step L back and slightly left (3), touch R to L (4)
5-6 Step R back and slightly right (5), touch L to R (6)
7-8 Step L forward and slightly left (7), touch R to L (8)

Step/sweep, cross rock/recover, ¼ left step sweep, step pivot turn ½ left

1-2 Step R forward (1), sweep L from back to front (2)
3-4 Rock L across R (3), recover to R (4)
5-6 Step L forward, turning ¼ left (5), sweep R from back to front (6)
7-8 Step R forward (7), pivot ½ left, putting weight to L (8) (6:00)

(Optional arms for counts 3-4: At this spot the lyrics always say either "point the blame" or "pick up the

phone", so on count 3 extend your L arm to either point or "pick up the phone", on count 4 you can either put your arm down or "answer the phone!")

Walk forward 2x, rocking chair

1-2 Step R forward (1), hold (2)
3-4 Step L forward (3), hold (4)
5-6 Rock R forward (5), recover to L (6)
7-8 Rock R back (7), recover to L (8)

Dance ends after 48 counts of Wall 6. Simply turn your K step $\frac{1}{4}$ right on count 5 and do a straight step/touch on counts 7-8, facing 12:00!

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