

(It's) Alright

拍數: 34 牆數: 2 級數: High Beginner
編舞者: Ron Tate (UK) - March 2024
音樂: End of the Line - The Traveling Wilburys



Count In: Dance starts on vocals (12 seconds in)

Tag(s): There are no Tags or Restarts

Section (1) Mambo, Shuffle Back, Coaster, Shuffle Forward

1 & 2 ROCK FORWARD (R), ROCK BACK (L), STEP (R) next to (R)
3 & 4 STEP BACK (L), STEP (R) next to (L), STEP BACK (L)
5 & 6 STEP BACK (R), STEP (L) next to (R), STEP FORWARD (R)
7 & 8 STEP FORWARD (L), STEP (R) next to (L), STEP FORWARD (L)

Section (2) Side Rocks & Cross (x2), Chasse with Turn, Step, Turn, Step

1 & 2 SIDE ROCK (R), SIDE ROCK (L), CROSS (R) over (L)
3 & 4 SIDE ROCK (L), SIDE ROCK (R), CROSS (L) over (R)
5 & 6 STEP (R) to SIDE, STEP (L) next to (R), STEP (R) to SIDE making a ¼ TURN (R) 3 o'clock
7 & 8 STEP FORWARD (L), PIVOT ½ TURN (R) STEP FORWARD (L) 9 o'clock

Section (3) Turn, Turn, (Full Turn), Step, Mambo, Sweep (R), Sweep (L), Coaster

1 & MAKE a ½ TURN (L) stepping BACK (R), ½ TURN (L) stepping FORWARD (L)
2 STEP FORWARD (R)
3 & 4 ROCK FORWARD (L), ROCK BACK (R), STEP (L) next to (R)
5 - 6 SWEEP (R) FROM FRONT to BACK, SWEEP (L) FROM FRONT to BACK
7 & 8 STEP BACK (R), STEP (L) next to (R), STEP FORWARD (R)

Section (4) Step, Turn, Cross, Turn, Turn, Cross, Rumba Box, Coaster

1 & 2 STEP FORWARD (L), PIVOT ¼ TURN (R), CROSS (L) over (R) 12 o'clock
3 & 4 STEP BACK (R) making a ¼ TURN (L), ¼ TURN (L) stepping (L) to SIDE 6 o'clock
CROSS (R) over (L)

NB. Dance ends at this point facing 12 o'clock

5 & 6 STEP (L) to SIDE, STEP (R) next to (L), STEP FORWARD (L)
7 & 8 STEP (R) to SIDE, STEP (L) next to (R), STEP BACK (R)
9 & 10 STEP BACK (L), STEP (R) next to (L), STEP FORWARD (L)

REPEAT STEPS