

I Think I'm Okay

拍數: 32 牆數: 4 級數: Improver
編舞者: Paul Nichols (USA) - August 2024
音樂: Am I Okay? - Megan Moroney



[1-8]: Cross rocking chair, turn with kick, triple left

1-4 Weight starts L, cross R over L for rock [1], recover L [2], Step R back [3], recover L [4]
5-6 Cross R over L [5], turn $\frac{3}{4}$ over L shoulder, kick L (facing 3:00) [6]
7&8 Continue the turn $\frac{1}{4}$ to 12:00, and triple step LRL to the left [7&8]

[9-16]: Full turn, triple right, coaster, wizard

1-2 As a pivot turn, step R towards 3:00 and pivot over L shoulder $\frac{1}{4}$ towards 3:00 [1], Step L towards 9:00 and pivot over L shoulder towards 9:00 as a $\frac{1}{2}$ turn [2]
3&4 Turn $\frac{1}{4}$ over L shoulder to 12:00 [3] with a triple step RLR [3&4]
5&6 Coaster step LRL (L back, R together, L forward) [5&6]
7,8& Wizard step RLR (R steps towards 1:30 on 7, L steps behind R on 8, R steps forward on &) [7,8&]

Wall 5: Restart here Counts 7-8 change to Rock Recover

For Wall 5 Restart, change 7,8& to the following:

7-8 Rock R towards 1:30 [7], recover L [8]

[17-24]: Wizard, Step full turn, triple back, step back full turn

1,2& Wizard step LRL (L steps towards 10:30 on , R steps behind L on 8, L steps forward on &) [7,8&]
3-4 Step R forward [3], full turn over R shoulder [4]
5&6 Triple step backwards LRL [5&6]
7-8 Step R back [7], full turn over R shoulder [8]

[25-32]: Coaster, rocking chair, fast pivot x2

1&2 Coaster step LRL (L back, R together, L forward) [1&2]
3-6 Rock R forward [3], recover L [4], rock R backwards [5], recover L [6]
7-8 Step R forward and pivot $\frac{1}{2}$ turn over R shoulder [7], step R forward and pivot $\frac{1}{4}$ over R shoulder [8] to face 3:00
