

I'm Not Ok

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gail Smith (USA) - October 2024
音樂: I Am Not Okay - Jelly Roll



INTRO: 8 Counts. Begin on vocals. – 3 Restarts

NC R, NC L w 1/4 TURN L, SIDE, BEHIND-SIDE-CROSS-ROCK-REC-SIDE

- 1 Large step R
- 2 & Step L behind R, Step R over L
- 3 Large step L
- 4 & Step R behind L, 1/4 Turn L stepping L to side 9:00
- 5 Step R to side
- 6 & Step L behind R, Step R to side
- 7 & 8 Rock L across R, Recover onto R, Step L to side

DIAMOND 1/2 TURN, FWD MAMBO, BACK MAMBO

- 1 & 2 Step R over L, Turn 1/8 R stepping L back, Turn 1/8 R stepping R back 11:00
- 3 & 4 Step L back, Turn 1/8 R stepping fwd on R, Turn 1/8 R stepping L fwd 1:00
- 5 & 6 Rock R fwd, Recover back onto L, Step R slightly back
- 7 & 8 Rock L back, Recover fwd onto R, Step L slightly fwd
- 1 *** RESTART on wall 3. Dance begins facing 6:00. Restart happens facing 6:00

DIAMOND 1/2 TURN, FWD MAMBO, BACK MAMBO 1/8 TURN (Prep)

- 1 & 2 Step R over L, Turn 1/8 R stepping back on L, Turn 1/8 R stepping R back 5:00
- 3 & 4 Step L back, Turn 1/8 R stepping fwd on R, Turn 1/8 R stepping L fwd 7:00
- 3 *** RESTART on wall 7. Dance begins facing 6:00. Restart happens facing 12:00.
- 5 & 6 Rock R fwd, Recover back onto L, Step R slightly back
- 7 & 8 Rock L back, Recover fwd onto R, Turn 1/8 stepping L fwd and L (Prep) 6:00
- 2 *** RESTART on wall 6. Dance begins facing 12:00. Restart happens facing 6:00.

FULL TURN, CHASE 1/2 TURN, 1/4 CROSS, R SIDE, DRAG, L SIDE, DRAG

- 1 & Turn 1/2 L stepping back on R, Turn 1/2 L stepping fwd on L 6:00
- (Non-turning option – Run fwd R - L)**
- 2 & 3 Step R fwd, Pivot 1/2 L, Step R fwd 12:00
 - 4 Turn 1/4 L stepping L across R 9:00
 - 5 - 6 Step R to side, Drag L toward R foot (WOR)
 - 7 - 8 Step L to side, Drag R toward L foot (WOL)

Dance ends facing front!