

I'm Not Okay

拍數: 32 牆數: 2 級數: Improver
編舞者: Merete Louise Østberg (DK) - November 2024
音樂: I Am Not Okay - Jelly Roll



Intro: 8 counts

Restart: Wall 3 facing 12:00. See description at bottom of page

Tag 1: Wall 5 facing 12:00. See description at bottom of page

Tag 2: Wall 6 facing 6:00. See description at bottom of page

NOTE: A HUGE thank you to Pia Holm Pedersen for suggesting this track to me

Section 1: R nc basic, 1/2 hinge turn R, cross, R nc basic, 1/2 hinge turn R, cross

- 1-2& Step R a big step to R side (1), step L slightly behind R (2), cross R over L (&) 12:00
3-4& Turn ¼ R stepping back on L (3), turn ¼ R stepping R to R side (4), cross L over R (&) 6:00
5-6& Step R a big step to R side (5), step L slightly behind R (6), cross R over L (&) 6:00
7-8& Turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8), cross L over R (&) 12:00

Section 2: Full diamond fallaway around L

- 1-2& Step R a big step to R side (1), turn 1/8 L stepping diagonally backwards on L (2), continue stepping diagonally back on R (&) 10:30
3-4& Turn 1/8 L stepping L a big step to L side (3), turn 1/8 L stepping diagonally fwd on R (4), step diagonally fwd on L (&) 7:30
5-6& Step R a big step to R side (5), turn 1/8 L stepping diagonally backwards on L (6), continue stepping diagonally back on R (&) 4:30
7-8& Turn 1/8 L stepping L a big step to L side (7), turn 1/8 L stepping diagonally fwd on R (8), step diagonally fwd on L (&) 1:30

****Restart Wall 3 - See explanation at bottom of sheet**

Section 3: R cross rock, hitch R, sailor step, LR sway, L rolling vine

- 1-2 Cross rock R over L (1), recover on L and hitch your R knee (2) 1:30
3&4 Turn ½ R step R behind L (3), step L to L side (&), step R to R side (4) 3:00
5-6 Sway body L (5), sway body R (6) 3:00
7&8 Turn ¼ L step L fw (7), turn ½ L step back on R (&), turn ¼ L step L to L side (8) 3:00

Section 4: RL syncopated cross rock, R syncopated jazz box ¼ turn R, cross, R side, L together

- 1-2& Cross rock R over L (1), recover on L (2), step R to R (&) 3:00
3-4& Cross rock L over R (3), recover on R (&), step L to L (&) 3:00
5-6& Cross R over L (5), step back on L (6), ¼ turn R stepping R to R side (&) 6:00
7-8& Cross L over R (7), step R to R side (8), step L next to R (&) 6:00

Restart: On wall 3 after 16 counts – turn 1/8 L to start the dance again with Your R basic, now facing 12:00

Tag 1: After wall 5 there's a 8 counts tag, RL nc basic, 4 x sway, facing 12:00

- 1-2& Step R a big step to R side (1), step L slightly behind R (2), cross R over L (&) 12:00
3-4& Step L a big step to L side (3), step R slightly behind L (4), cross L over R (&) 12:00
5-8 Sway body R (5), sway body L (6), sway body R (7), sway body L (8) 12:00

Tag 2: After wall 6 there's a 4 counts tag, 4 x sway, facing 6:00

- 1-4 Sway body R (1), sway body L (2), sway body R (3), sway body L (4) 12:00

Ending: Last wall is wall 8 (starts at 12:00). To end at 12:00: dance the first 16 counts, then turn 1/8 L with a big step to the R side (1)

