

Askin' For a Friend (Am I Okay?)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sarah Preston Britto (USA) - February 2025
音樂: Askin' for a Friend - Sean Hogan
或: Am I Okay? - Megan Moroney
或: Country Girls - Jess Moskaluke



Music:

Askin' for a Friend – Sean Hogan 118 BPM
Am I Okay? - Megan Moroney 126 BPM (1 Restart)
Country Girls – Jess Moskaluke 115 BPM (2 Restarts)
See below for restart notes.

[1-8]: Rocking Chair, 1/4 turn to left, 2 walks

1-4 Weight starts L, Rock R forward, recover L, Rock R back, recover L
5-6 Step R forward, pivot 1/4 L over L shoulder
7-8 Walk forward R, walk forward L

[9-16]: Diagonal Step Touch (K-Step)

1 – 2 Step R to right front diagonal, Touch L beside R
3 – 4 Step L to left back diagonal, Touch R beside L
5 – 6 Step R to right back diagonal, Touch L beside R
7 – 8 Step L to left front diagonal, Touch R beside L

[17-24]: Vine R touch L, Vine L touch R

1 2 3 4 Step R to R Side, cross L behind R, step R to R side, touch L
5 6 7 8 Step L to L Side, cross R behind L, step L to L side, touch R

[25-32]: Side Touches R & L, Walk around 1/2 circle R

1 - 2 Step R to R side, touch L
3 - 4 Step L to L side, touch R
5 6 7 8 Walk around ½ R, Step R, L, R, L

Restart Notes:

Am I Okay? - Megan Moroney
Wall 5: Restart after 16 counts facing 9:00

Country Girls – Jess Moskaluke
Wall 2: Restart after 16 counts facing 12:00
Wall 4: Restart after 16 counts facing 12:00