

# It's Alright

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Dee Cresdee (CAN), Ember Schira (CAN) & Sheila Smith (CAN)  
音樂: It's Alright - Fernest Arceneaux & The Thunders



- 1 Kick right foot forward and slightly across left foot
- In subsequent repetitions of the dance, you may scuff or brush the right foot forward. It's alright.**
- 2 Step right foot over left foot
- 3 Plant left toe/ball behind right foot
- 4 Place left heel, take weight onto left foot
- & Pivot ¼ turn to right (now facing 3 o'clock wall)
- 5 Plant right heel forward
- 6 Snap right toe down and take weight
- 7 Plant left heel forward
- 8 Snap left toe down and take weight

## STEP ACROSS, SIDE, BEHIND, BALL CROSS, HIP SWAYS (4X)

- 9 Step right foot in front of and across left foot
- 10 Step left foot to the left
- 11 Step right foot behind and across left foot
- & Place left toe/ball to the left of and slightly behind right (take weight momentarily)
- 12 Step right foot in front of and across left foot
- 13 Step left foot to left and push (sway) hips to left
- 14 Change weight to right foot and sway hips to right
- 15 Change weight to left foot and sway hips to left
- 16 Change weight to right foot and sway hips to right

## ROCK FORWARD AND BACK, COASTER STEP, HEEL FRONT, SLAP, SCUFF, SLAP KNEE

- 17 Step forward onto left foot
- 18 Rock weight back onto right foot
- 19 Step left toe/ball back
- & Step right toe/ball beside left
- 20 Step forward onto left foot
- 21 Touch right heel forward
- 22 Swing right heel back and out and slap it with the right hand
- 23 Scuff right heel forward
- 24 Bring right knee up and slap right knee with right hand

## SHUFFLE FORWARD RIGHT-LEFT-RIGHT, BRUSH FORWARD, ACROSS & BACK, PLANT LEFT TOE/BALL, FULL TURN

- 25 Step forward with right foot
- & Step left foot to right foot
- 26 Step forward with right foot
- 27 Brush left toe/ball forward
- 28 Brush left toe/ball across right foot with a diagonally backward motion
- 29 Plant left toe/ball beside and to right of right foot (crossed feet)
- 30-32 Slowly unwind to right in full turn. End with right foot crossed in front of left foot, weight on right

## SIDE LEFT, CLOSE RIGHT, DOUBLE SCOOT BACK (TWICE), SIDE RIGHT, CLOSE LEFT, DOUBLE SCOOT BACK (TWICE)

- 33 Step left foot to left
- 34 Close right foot to left
- 35-36 Scoot backwards two times with feet together

**You may take a long step back with the left foot, close right to left, stay weighted left, touch right foot beside left. It's alright.**

- 37 Step right foot to right
- 38 Close left foot to right
- 39-40 Scoot backwards two times with feet together.

**You may take a long step back with the right foot, close left to right, stay weighted right, touch left foot beside right. It's alright.**

### **ROCK BACK & FORWARD, SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD, ½ TURN, SHUFFLE FORWARD**

- 41 Rock back onto left toe/ball
- 42 Step forward onto right foot
- 43 Step forward onto left foot
- & Close right foot to left foot
- 44 Step forward onto left foot
- & Pivot ½ turn to left (now facing 9 o'clock wall)
- 45 Step backward onto right foot
- & Close left foot to right foot
- 46 Step backward onto right foot
- & Pivot ½ turn to left (now facing 3 o'clock wall)
- 47 Step forward onto left foot
- & Close right foot to left foot
- 48 Step forward onto left foot

**REPEAT**

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