

It's Ok

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Sunter (UK)
音樂: It's OK - Liberty X



CROSS SIDE CROSS, STEP ¼ TURN, TURN ¾, CROSS, SIDE, CROSS, MAKE ¼ THEN ¾ TURN RIGHT

1&2 Cross right over left, side step left, cross right over left
3-4 Turn ¼ left stepping forward left, step forward right & make a ¾ turn left
5&6 Cross step left over right, right to right side, cross left over right
7-8 Make a ¼ turn right stepping forward, make a ¾ turn right stepping onto left

SIDE SHUFFLE, ROCK STEP ¼ TURN, TURN ¾ LEFT, POINT, RIGHT ¾ SPIRAL

9&10 Right to side, left next to right, right to side
11-12 Rock back left behind right turning 1/8 left, replace weight to right turning 1/8 left
13&14 Step forward left, make ½ turn left stepping back right, make ¼ turn left stepping left to side
15-16 Point right to side, make a ¾ turn right on ball of left foot locking right in front of left

SHUFFLE FORWARD, ROCK STEP, BACK, TOGETHER, SIDE, BUMP HIPS, ROLL HIPS LEFT

17&18 Step forward right, left next to right, forward right
19-20 Rock forward left, replace weight to right
21&22 Step back left, step right next to left, slightly step left to left side
23-24 Sway hips left, sway hips round to left making a ¼ turn right and bump hips back

SHUFFLE FORWARD, STEP ½ PIVOT, SHUFFLE FORWARD, RIGHT ¾ TURN

25&26 Step forward left, right next to left, forward left
27-28 Step forward right, pivot ½ turn left
29&30 Step forward right, left next to right, forward right
31-32 Step forward left, on ball of left foot make a ¾ turn right keeping right leg crossed over left no weight

REPEAT
