

It's Okay

拍數: 44 牆數: 2 級數: Improver
編舞者: David J. McDonagh (WLS)
音樂: Its Ok - Atomic Kitten



HIP BUMPS BACKWARDS, MAMBO BACK, STEP ½ PIVOT STEP

1&2 Stepping back on right bump hips right, left, right
3&4 Stepping back on left bump hips left, right, left
5&6 Rock back onto right, recover weight onto left, step right beside left
7&8 Step left forward, pivot ½ turn right, step left beside right

HIP BUMPS FORWARD, MAMBO FORWARD, STEP ½ PIVOT STEP

1&2 Stepping forward on right bump hips right, left, right
3&4 Stepping forward on left bump hips left, right, back
5&6 Rock forward onto right, recover weight onto left, step right beside left
7&8 Step left forward, pivot ½ turn right, step left beside right

¾ TRIPLE CROSS, SIDE ROCK CROSS, FUNKY-KICK BALL FORWARD TWICE

1& On ball of left turn ¼ left stepping right to right side, on ball of right turn ½ left stepping left to left side
2 Cross-step right over left
3&4 Rock left to left side, recover weight onto right, cross-step left over right
5&6 Low kick right to right side (dropping right shoulder), step right to left instep (returning shoulders level), step left forward
7&8 Low kick right to right side (dropping right shoulder), step right to left instep (returning shoulders level), step left forward

¾ TRIPLE CROSS, SIDE ROCK CROSS, FUNKY-KICK BALL FORWARD TWICE

1-8 Repeat last section (counts 17-24)

TOE & HEEL & TOE-TOE, (¼) & HEEL & TOE & HEEL-HEEL

The next 8 counts are traveling back slightly

1&2 Touch right toe beside left, step right beside left, touch left heel forward
&3-4 Step left beside right, touch right toe beside left twice
&5 Step right beside left with ¼ turn left, step left heel forward
&6 Step left beside right, touch right toe beside left
&7-8 Step right beside left, touch left heel forward twice

& STEP ½ PIVOT, STEP ¼ PIVOT

& Step left beside right
1-2 Step right forward, pivot ½ turn left
3-4 Step right forward, pivot ¼ turn left

REPEAT