OK



拍數: 64 牆數: 2 級數: Improver

編舞者: Elke Weinberger (NL) & Illona Klockner

音樂: O.K. - Helena Paparizou : (CD: Euro Edition)



SIDE, ½ RIGHT SAILOR TURN, CROSS, SIDE POINT, FORWARD POINT, DIAGONAL POINT, TOGETHER POINT, DIAGONAL POINT 1 : Step right to right 2&3 : Step left behind right, execute ¹/₄ turn right and then step right forward, execute another ¹/₄ turn right and then step left to left 4 : Cross right over left 5-6 : Point left toe to left (3 O? Clock), point left toe forward (6 O? Clock) 7&8 : Point left toe towards left diagonal (between 4 and 5 O? Clock), point left toe closely beside right, point left toe towards left diagonal again (between 4 and 5 O? Clock)

TOGETHER STEP, HIP SWAYS, 1/2 **LEFT SAILOR** TURN, FORWARD WALK 9-12 : Step left closely beside right, step right to right and sway hip right, sway hip left, sway hip right 13&14 : Cross left behind right, execute 1/2 turn left and then step right to right, step left to left 15-16 : Walk forward on right, left HIP SWAYS, 1/2 **RIGHT TURN,** HIP SWAYS, 1/2 LEFT TURN, HIPS SWAYS, 1/2 RIGHT TURN, 1/4 **RIGHT TURN**, CROSS 17-18 : Step right to right and sway hip right, sway hip left & : Execute 1/2 turn right on ball of left 19-20 : Step right to right and sway hip right, sway hip left & : Execute 1/2 turn left on ball of left 21-22 : Step right to right and sway hip right, sway hip left & : Execute 1/2 turn right on ball of left

23&24 : Step right forward, execute another ¹/₄ turn right and then step left to left, cross right over left For better styling, on counts 17-18 & 21-22, raise both arms up and drop them down to sides only counts 19-20 and 23&24. Execute these with your coolest Latin feel!

HIP SWAYS. CROSS, HIP SWAYS, CROSS, COASTER CROSS 25-27 : Step left to left and sway hip left, sway hip right, cross left over right 28-30 : Step right to right and sway hip right, sway hip left, cross right over left 31&32 : Step left back, step right beside left, cross left over right

MAMBO CROSS, BALL-CROSS, HIP SWAYS, RECOVER, CROSS-BALL-CROSS, HIP SWAYS 33&34 : Rock right to right, recover weight onto left, cross right over left &35 : Step left beside right, cross right over left 36-37&: Step left to left and sway hip left, sway hip right. recover weight onto left 38&39 : Cross right over left, step left beside right, cross right over left 40-41 : Step left to left and sway hip left, sway hip right BACK STEP, MODIFIED LOCK STEPS, BACK, SIDE, 1/2 LEFT TURN, **HIP SWAYS** 42 : Step left back 43&44 : Lock step right over left, step left back, lock step right over left 45-46 : Step left back, step right to right (shoulder width apart) Note : Counts 42-45 should be danced with body angling towards left diagonal. Hence, you will travel backwards towards right rear diagonal. Square off to return to face 9 O? Clock on count 46. & : Execute 1/2 turn left on ball of right 47-48 : Step left to left and then

sway hip left, sway hip right 1/2 LEFT TURN, 1/4 LEFT TURN, SAILOR CROSS, SIDE, CROSS ROCK, SIDE TOUCH & : Execute 1/2 turn left on ball of right 49-50 : Step left forward, execute another 1/4 turn left and then step right to right 51&52 : Step left behind right, step right to right, cross left over right 53-56 : Step right to right, cross rock left over right, recover weight onto right, touch left toe to left FORWARD **KICK-BALL-**CHANGE, SIDE **KICK-BALL** CHANGE, STOMP, FORWARD OUT-OUT. **BACK IN-IN** 57&58 : Kick left forward, step left beside right, step right in place &59& : Kick left to left, step left beside right, step right in place 60 : Stomp left in place (beside right) 61-62 : Step right towards right diagonal, step left towards left diagonal 63-64 : Step

right back, step left beside right For better styling, roll your hips and knees as you step forward out-out and back-in-in on counts 61-64.

REPEAT

RESTARTS On the 1st and 3rd rotation, dance till the 52nd count and start dance again (i.e. 2nd and 4th rotation) from count 1 both facing 6 O? Clock wall.

ENDING At the end of the 5th rotation, you will be facing 6? O Clock wall with weight on left. Execute ½ turn left on ball of left and the lunge right to right. Raise both arms with your coolest Latin feel!