

Okay

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Anne Frydenlund (DK) - July 2011
音樂: Okay - Sarah : (Known from the Danish X-Factor from 2011)



The Dance starts after 12 count on lyrics.

S1. Side back rock , Side back Rock, Vine R cross, Side rock cross

1 – 2 & Step right to right side, Cross rock left behind right, Recover onto right
3 – 4 & Step left to left side, Cross rock right behind left, Recover onto left
5 & 6 & Step right to right side, Cross left behind right, Step right to right side, Cross left over right
7 & 8 Step right to right side, Recover on left, Cross right over left

S2. ¼ turn R run back, Coasterstep R, Syncopated forward lock step x 2, step

1 & 2 Step left ¼ turn R by stepping back, Run right back, Run left back (3 o'clock)
3 & 4 Step right back, Step left beside right, Step right forward
5 & 6 & Step left forward, Lock right behind left, Step left forward, Step right forward
7 & 8 Lock left behind, right, step right forward, Step left forward

Option: Count 1&2 above: Step left ¼ turn R by stepping back, ½ turn R with right foot, ½ turn R with left foot

S3. Rock step R, Recover, Step back, Sweep L, Sweep R, Coasterstep L, Step pivot step

1 & 2 Step right forward, Recover on left, Step right back
3 & Sweep left out and around right and step left down
4 & Sweep right out and around left and step right down
5 & 6 Step left back, Step right beside left, Step left forward
7 & 8 Step right forward, ½ turn pivot L and step left down, Step right forward (9 o'clock)

S4. Cross rock, Recover, ¼ turn L, Sambastep R, Sambastep L, Vine R Cross

1 & 2 Cross left over right, Recover on right, Turn ¼ L stepping forward on left (6 o'clock)
3 & 4 Sweep right over left, Rock to left side on left, Step right to right side
5 & 6 Sweep left over right, Rock to right side on right, Step left to left side
7 & 8 & Step right to right side, Cross left behind right, Step right to right side, Cross right over left

Repeat

Ending: On the 7. Wall you will dance the first 15 counts as usual and on the 16. count you will step left foot ¼ L and end at 12 o'clock.

This dance is dedicated to my friend Kanne.