

It's Not Ok

拍數: 64

牆數: 2

級數: Phrased Intermediate (Polka
rhythm)

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音樂: It's Not Ok - Zac Brown Band



Sequence: A B A A B, A B A A B, B B B, A(tag), A, A

PART A (32 counts)

[1-8] GALLOPS DIAGONAL RIGHT, GALLOPS SIDE LEFT,

- 1&2& Step R diagonally forward right, Close L next to R, Step R diagonally forward right, Close L next to R
- 3&4 Step R diagonally forward right, Close L next to R, Step R diagonally forward right
- 5&6& Step L side left, Close R next to L, Step L side left, Close R next to L
- 7&8 Step L side left, Close R next to L, Step L side left

[9-16] SCOOT BACK, APPLEJACKS

- 1&2& Step R back, Small scoot backward on R, Step L back, Small scoot backward on L
- 3&4 Step R back, Small scoot backward on R, Stomp L side left (shoulder width apart)
- 5& Applejack to right (R toe out and L heel in), Back to center,
- 6& Applejack to left (L toe out and R heel in), Back to center
- 7-8 Applejack to right (R toe out and L heel in), Back to center (weight on L)

[17-24] CAMEL WALK, PADDLE FULL TURN

- 1-2 Step R forward (knee straight) and pop L knee, Lock L (knee straight) behind R and pop R knee
- 3-4 Step R forward (knee straight) and pop L knee, Step L forward
- 5 1/4 turn left on L and point R side right
- 6-7-8 Repeat 3 times (face 12:00)

[25-32] ROLLING VINE, SIDE KICKS, 1/2 TURN

- 1-2-3-4 1/4 turn right and Step R forward, 1/2 turn right and Step L back, 1/4 turn right and Step R side, Hitch L side left
- 5-6 Step L next to R and Kick R side right, Step R next to L and Kick L side left
- 7-8 1/4 turn left and Step L forward, 1/4 turn left and Close R to L

PART B (32 counts)

[1-8] SQUAT x2, WEAVE

- 1-2 Turn body to diagonally right and squat (knees open), Stand up
- 3-4 Turn body to diagonally left and squat (knees open), Stand up
- 5&6& Cross step R over L, Step side L, Step R behind L, Step side L
- 7&8 Cross step R over L, Step side L, Step R behind L

[9-16] ROLLING VINE, CLAP x2

- 1-2-3 1/4 turn left and Step L forward, 1/2 turn left and Step R back, 1/4 turn left and Step side L
- 4 Hold and Clap 2 times (&4)
- 5-6-7 1/4 turn right and Step R forward, 1/2 turn right and Step L back, 1/4 turn right and Step side R
- 8 Hold and Clap 2 times (&8)

[17-24] CHICKEN WALKS x4, RUN AROUND

- 1-2-3-4 Walk forward L, R, L, R (move your head forward and back like a chicken on each step)

5&6&7&8 Run in a small circle counterclockwise making full turn L, R, L, R, L, R, L

[25-32] KICK BALL CHANGE x2, HEEL OUT-OUT-IN-IN, STEP, 1/2 TURN

1&2, 3&4 R Kick ball change, R Kick ball change

5& Step forward on heel of R (toe off floor), Step forward on heel of L (toe off floor) (shoulder width apart)

6& Step R back, Close L to R

7-8 Step R forward, 1/2 turn left (weight on L)

TAG: In the 7th A (after 4 continuous repetitions of B), change the last 8 counts(25-32) as follows.

25-32 ROLLING VINE, HITCH, HOLD

1-2 1/4 turn right and Step R forward, 1/2 turn right and Step L back

3 1/4 turn right and Step R side and Hitch L side left

4,5,6,7 Hold

8 Step on L

Start A again
