

# It's Not Ok

拍數: 64

牆數: 2

級數: Phrased Intermediate (Polka rhythm)

編舞者: Sam Arvidson (USA), Toshiko Kawamoto (JP) & Yu Sugawara (JP) - August 2011

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**

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