

Be O.K.

拍數: 72 牆數: 2 級數: Intermediate - waltz
編舞者: Sofia (NL) - July 2012
音樂: The Last Thing You Do - High Valley



Start: On vocals

BASIC STEP FORWARD, ¼ TURN BIG STEP, DRAG, BASIC STEP FORWARD, ½ TURN STEP FORWARD, SWEEP

1-3 basic step forward L.,R.,L.
4-6 ¼ turn right R. big step aside, L. drag . (3)

1-3 basic step forward L.,R.,L.
4-6 ½ turn right R. step forward, L. sweep. (9)

CROSS SWEEP FORWARD(2), CROSS POINT, ¼ TURN POINT

1-3 L. cross over, R. sweep forward.
4-6 R. cross over, L. sweep forward.

1-3 L. cross over, R. point to the side.
4-6 R. next to the left foot ¼ turn right, L. point to the side (Monterey turn 1/4). (12)

DIAGONAL ROCK, STEP ASIDE, DIAGONAL ROCK, ¼ TURN STEP FORWARD, DIAGONAL RUNNING, ROCK, STEP BACK

1-3 L. rock diagonal right forward, weight back, L. step aside.
4-6 R. rock diagonal left forward, weight back, ¼ turn right R. step forward.(3)

1-3 Running L., R., L. on the right diagonal.
4-6 R. rock, weight back, R. step back.

CROSS, STEP BACK(2), CROSS, STEP BACK, STEP NEXT, ¼ TURN BASIC STEP FORWARD, BASIC STEP BACKWARD

1-3 L. cross over, R. step back, L. step back.
(Go off the diagonal to the original wall).(3)
4-6 R. cross over, L. step back, R. step next to the left foot.

1-3 ¼ turn left basic step forward L., R., L. (12)
4-6 basic step backward R., L., R. *

¼ TURN BASIC STEP FORWARD, BASIC STEP BACKWARD, TWINKLE, CROSS, ¼ TURN, ¼ TURN

1-3 ¼ turn left basic step forward L.,R.,L. (9)
4-6 basic step backward R.,L.,R.

1-3 L. cross over, R. step aside, L. step next to right foot (twinkle).
4-6 R. cross over, ¼ turn right L. step back, ¼ turn right R. step aside. (3)

CROSS, UNWIND FULL TURN, SCISSOR STEP, ¼ TURN BASIC STEP BACKWARD, STEP BACK, DRAG INTO AN ANGLE

1-3 L. cross over, unwind full turn right.
4-6 R. step aside, L. step next to the right foot, R. cross over.

1-3 ¼ turn right basic step backward L.,R.,L., (6)
4-6 R. step back, L. drag into an angle.

Tag 1: after the first wall at 6 o'clock:

- 1-3 basic step forward L.,R.,L. on the left diagonal.
- 4-6 basic step backward R.,L.,R. back to the middle.

Tag 2: after the second wall at 12 o'clock:

- 1-3 basic step forward L.,R.,L. on the left diagonal
- 4-6 basic step backward R.,L.,R. back to the middle

- 1-3 basic step forward L.,R.,L. on the right diagonal
- 4-6 basic step backward R.,L.,R. back to the middle

Ending: After count 48 * add : L. big step forward, R. drag.
