

# A - OK

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Séverine Fillion (FR) - May 2012  
音樂: A-Ok - Neal McCoy : (Album: Twelve)



Start on lyrics (oh oh...)

## [1-8] SIDE-TOUCH (R & L) SYNCOPATED VINE, TOUCH, SIDE-TOUCH (L & R), SYNCOPATED VINE 1/4 TURN

1&            Right step to side, touch left next to right  
2&            Left step to side, touch right next to left  
3&4&        Right to right side, left cross behind right, right to right side, touch left next to right  
5&6&        Left step to side, touch right next to left  
6&            Right step to right side, touch left next to right  
7&8         Left to left side, right cross behind left, ¼ turn left stepping left fwd 9 :00

## [9-16] TOE STRUT FWD, 1/2 TURN & TOE STRUT BACK, COASTER STEP (TWICE)

1&            Right ball fwd, drop right heel  
2&            ½ turn right & left ball back, drop left heel 3 :00  
3&4         Right step back, left next to right, right step fwd  
5&            Left ball fwd, drop left heel  
6&            ½ turn left and right ball back, drop right heel 9 :00  
7&8         Left step back, right next to left, left step fwd

## [17-20] STEP DIAGONALLY FWD, HEEL TWIST, KICK, BEHIND SIDE CROSS

1&2         Right step diagonally right fwd, swivel both heels to the right, recover heels to the center  
&            Kick right diagonally right fwd  
3&4         Right cross behind left, left to left side, right cross over left

## [21-24] STEP DIAGONALLY FWD, HEEL TWIST, KICK, BEHIND, 1/4 TURN & FWD, STEP FWD

5&6         Left step diagonally left fwd, swivel both heels to the left, recover heels to the center  
&            Kick left diagonally left fwd  
7&8         Left cross behind right, ¼ turn right stepping right fwd, left step fwd \* Final 12 :00

## [25-32] LOCK STEP FWD, STEP 1/2 TURN STEP, TRIPLE FULL TURN, JUMP APPART, JUMP CROSS, FLICK, SCUFF

1&2         Right step fwd, "lock" left behind right, right step fwd  
3&4         Left step fwd, ½ turn right, left step fwd 6 :00  
5&6         Full turn left in Triple step : right – left – right \* On wall 6 at 12:00, step left ( & ) + Restart  
7            Jump apart on both feet OUT OUT (Right to right, left to left)  
&            Jump right cross over left (weight on both feet)  
8&         Jump on left foot with right flick diagonally right back, Scuff right

Restart : On wall 6 at 12 :00 after the count 30, step left next to right (&) then restart the dance at the beginning (no jump!)

Final : The dance stops at the count 24, make a sailor step left ¼ turning left (23 &24) to finish facing front!

Enjoy!!