

You'll Be Okay

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Intermediate / Advanced
編舞者: Rachael McEnaney (USA) - August 2014
音樂: You'll Be Okay - A Great Big World



Count In: 8 counts from start of track, dance begins on vocals. Approx 89 bpm

Notes: There is 1 restart on the 2nd wall after 16 counts facing 6.00

[1 – 8] Fwd L, 1 ¼ turns to R, sway R-L, ¼ turn R with sweep, L cross with sweep, R cross, L side, R toe touches

- 1 2 a 3 4 Step forward left (1), pivot ½ turn right (2), make ½ turn right stepping back left (a), make ¼ turn right stepping right to right side as you sway upper body to right (3), transfer weight left as you sway left (4) 3.00
- 5 Make ¼ turn right stepping forward right as you sweep left (5) 6.00
- 6 a 7 Cross left over right as you sweep right (6), cross right over left (a), step left to left side (7) 6.00
- a 8 a Touch right next to left (a), touch right to right side (8), touch right next to left (a)
- (styling: during these counts bend left knee and lean upper body forward (groovy)) 6.00

[9 – 16] 3/8 turn R stepping fwd R hitching L, run L-R, L fwd rock, run back L-R, ¼ L point R, ½ R point L, 1 ¼ turns L travelling on diagonal

- 1 Make 3/8 turn right stepping onto ball of right as you hitch left knee (hitch isn't necessary if a sweep or just drag/hold feels better) (1) 10.30
- 2a3a4a Step forward left (2), step forward right (a), rock forward left (3), recover weight right (a), step back left (4), step back right (a) 10.30
- 5 a Make ¼ turn left stepping left to left side (5), point right to right side (a) 7.30
- 6 a Make ¼ turn right stepping forward right (6), make ¼ turn right as you point left to left side (a) 1.30
- 7 & a Make ¼ turn left stepping forward left (7), make ½ turn left stepping back right (&), step back left (a) 4.30
- 8 & a Step back right (8), make ½ turn left stepping forward left (&), step forward right (a) 10.30

RESTART: here during the 2nd wall you will be facing 6.00 to Restart – your body ends on diagonal, its ok to start the dance stepping forward on diagonal to make it flow for the Restart – you can square up on the turn.

[17 – 24] 1/8 turn L sweeping R, R cross-side-behind with sweep L, L behind, ¼ R, fwd L, fwd R with ½ chase turn L, ¾ turn R

- 1 Make 1/8 turn left stepping forward left as you sweep right foot (1) 9.00
- 2 a 3 Cross right over left (2), step left to left side (a), cross right behind left as you sweep left foot (3) 9.00
- 4 a 5 Cross left behind right (4), make ¼ turn right stepping forward right (a), step forward left (5) 12.00
- 6 a 7 Step forward right (6), pivot ½ turn left (a), step forward right (7) 6.00
- 8 a Make ½ turn right stepping back left (8), make ¼ turn right stepping right to right side (a) 3.00

[25 – 32] Cross L into a weave to R, L diagonal rocking chair, L cross with sweep, R cross-side-behind, ¾ turn L sweeping R, run fwd R-L-R

- 1 a 2 a Cross left over right (1), step right to right side (a), cross left behind right (2), step right to right side (a) 3.00
- 3 a 4 a Angle body to right diagonal (4.30): rock forward left (3), recover weight right (a), rock back left (4), recover weight right (a) 4.30
- 5 Step forward left as you sweep right (square up to 3.00 wall) (5), 3.00
- 6 & a Cross right over left (6), step left to left side (&), cross right behind left (a) 3.00
- 7 Make ¼ turn left stepping forward on to left but continue to make another ½ turn left on ball of left as you sweep right (7) 6.00

8 & a Step forward right (8), step forward left (&), step forward right (a) 6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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Instructor note: You will notice on the counts that I have included 'a' as a count, if you haven't heard of this before here is a brief explanation.

When we count in dance it really could be '1 e & a 2 e & a 3' etc, in this particular track you are stepping on the 'a' count which is just after '&', the easiest place in the dance to understand this is section 25-32 on the cross side rock as you are using both & and a.

If you are an instructor this might confuse some of your students, so I wouldn't place too much emphasis on it, they should dance on rhythm once they hear the song (treat it as an '&' count)

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