|  |  |
| --- | --- |
| It's OK |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Rhoda Lai (CAN) & Helen O'Malley (IRE) - October 2020 |
| **Music:** | OK Not to Be OK (Duke & Jones Remix) - Marshmello, Demi Lovato & Duke & Jones |
| . |

**Music: Marshmello & Demi Lovato - Ok Not to Be Ok (Duke & Jones Remix)**

**Intro: 16 Counts.**

**SEC 1: SIDE STEP WITH TOE TOUCHES - RIGHT AND LEFT. BEHIND SIDE, CROSSING SHUFFLE.**

|  |  |
| --- | --- |
| 1-2 | Step right to right side, Touch left forward to left diagonal |

|  |  |
| --- | --- |
| 3-4 | Step left to left side, Touch right forward to right diagonal |

**Option Styling Option: Roll hips, bending knees & click fingers while touching toes to the diagonals. The Rhoda Step!**

|  |  |
| --- | --- |
| 5-6 | Cross right behind left, Step left to left side. |

|  |  |
| --- | --- |
| 7&8 | Cross right over left, Step left to left side, Cross right over left. (12:00) |

**SEC 2: STEP LEFT TO SIDE, 1/4 TURN RIGHT, FORWARD SHUFFLE, BOX STEP 1/4 TURN**

|  |  |
| --- | --- |
| 1-2 | Step left to left side, Step right 1/4 turn to right side |

|  |  |
| --- | --- |
| 3&4 | Step left forward, Step right beside left, Step left forward (3:00) |

|  |  |
| --- | --- |
| 5-6 | Cross right over left, Step back on left, |

|  |  |
| --- | --- |
| 7-8 | Step right 1/4 turn right, Cross left over right (6:00) |

**SEC 3: RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK**

|  |  |
| --- | --- |
| 1&2 | Step right to right side, Step left beside right, Step right to right side |

|  |  |
| --- | --- |
| 3-4 | Cross rock left behind right, Recover on right |

|  |  |
| --- | --- |
| 5&6 | Step left to left side, Step right beside left, Step left to left side |

|  |  |
| --- | --- |
| 7-8 | Cross rock right behind left, Recover on left (6:00) |

**SEC 4: FIGURE EIGHT TO RIGHT WITH 1/4 TURN LEFT**

|  |  |
| --- | --- |
| 1-2 | Step right to right side, Cross left behind right |

|  |  |
| --- | --- |
| 3-4 | Step right 1/4 turn right, Step forward left |

|  |  |
| --- | --- |
| 5-6 | Pivot 1/2 turn right, 1/4 turn right stepping left to left side |

|  |  |
| --- | --- |
| 7-8 | Cross right behind left, 1/4 turn left stepping left forward |

**Option EASY OPTION FOR SECTION 4. GRAPEVINE RIGHT & LEFT WITH LEFT 1/4 TURN TOUCH.**

|  |  |
| --- | --- |
| 1-4 | Step right to side,Cross left behind right, Step right to side, touch left beside right |

|  |  |
| --- | --- |
| 5-8 | Step left to left side, Cross right behind left, Step left 1/4 turn left, Touch right beside left |

**Ending Dance finished at the end of Wall 9. Step right into 1/4 turn left to face front wall, Raise your hands!**

**There's a message in song.**

**Smile and Enjoy.**

**Helen & Rhoda xx**