

She's OK

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Alexis Eyler (USA) - November 2024
音乐: Am I Okay? - Megan Moroney



Intro is 32 counts; dance starts where lyrics start.

****1 Restart after 16 counts on wall 5.**

Note: Weight should stay on left foot after kickball change for restart.**

[1-8] ROCK, COASTER, PIVOT X2

- 1 Rock forward with right foot
- 2 Recover back with left foot
- 3&4 Right coaster step (back with right, together with left, forward with right)
- 5-6 Step with left, half pivot over right shoulder
- 7-8 Step with left, half pivot over right shoulder

[9-16] STEP LOCK STEP, PIVOT, KICKBALL CHANGE

- 9 Step diagonal left
- 10 Lock right foot behind left foot
- 11 Step diagonal left
- 12 Half pivot over left shoulder
- 13-14 Step 2x in place (left then right)
- 15&16 Left kickball change (kick left, step down left, step down right)

[17-24] WALK X3 AND CROSS, BOUNCING UNWIND, COASTER

- 17-19 Walk left right left
- &20 Step right, cross left in front of right (and cross)
- 21-22 Unwind half over right shoulder while bouncing twice
- 23&24 Right coaster step (back with right, together with left, forward with right)

[25-32] WALK X3, FLICK, WALK AROUND

- 25-27 Walk left right left
- 28 Flick right foot out to side
- 29-32 Walk around $\frac{3}{4}$ turn over left shoulder

Restart Dance from top

Last Update - 1 Nov 2024