I'm Alright



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Debi Bodven (USA)

音乐: (There Ain't Nothin') Like A Coupe Deville - T.G. Sheppard



RIGHT AND LEFT SHUFFLES WITH HEEL, HITCH, HEEL

1&2	Shuffle forward	riaht.	left, right

Touch left heel in front, hitch left knee up, touch left heel in front

5&6 Shuffle forward left, right, left

7&8 Touch right heel in front, hitch right knee up, touch right heel in front

MASHED POTATOES, RIGHT VINE WITH HEEL JACK

&9	Weight on ball of left, turn both toes in and lift right slightly off floor; step back on right, turning
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both toes out

Weight on ball of right, turn both toes in and lift left slightly off floor; step back on left, turning

both toes out

&11 Weight on ball of left, turn both toes in and lift right slightly off floor; step back on right, turning

both toes out

Weight on ball of right, turn both toes in and lift left slightly off floor; step back on left, turning

both toes out

13-14 Step side right, cross left behind

&15 Step back right, touch left heel in front

&16 Step left in place, touch right toe in place

1/2 MONTEREY, STEP, SLIDE, SHUFFLE RIGHT, 1/4 TURN

17-18 Touch right toe to side, pivot on ball of left ½ turn to right transferring weight to right

19-20 Step long side left, slide right together

21&22 Shuffle side right, left, right

23-24 Touch left toe in front, pivot on ball of right ¼ turn to right

SAILOR SHUFFLES WITH SCUFFS, CROSS BEHIND, ½ TURN, STAMP, CLAP

25&26 Cross left behind right, step side right, scuff left

&27 Step left together, cross right behind left

&28 Step side left, scuff right

&29 Step right together, cross left behind right

30 Unwind ½ turn left, transferring weight onto left

31-32 Stamp right together, clap hands

REPEAT