

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 right, left, right
3&4 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 both toes out
&10 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
&12 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

½ MONTEREY, STEP, SLIDE, SHUFFLE RIGHT, ¼ 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
