Baby It's Alright

拍数: 48

级数: Intermediate

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音乐: It's Alright - Trisha Yearwood : (CD: Everybody Knows)

Intro 16 counts.

(01 – 08) SIDE STEP, CROSS ROCK, RECOVER, SIDE SHUFFLE, ROCK BACK, RECOVER, KICK BALL POINT:

- RF Step to right side 1
- 2 LF Cross step LF over RF
- 3 RF Rock back on RF
- 4 LF Step to left side
- & RF Step RF next LF
- 5 LF Step to left side
- 6 **RF Rock backwards**
- 7 LF weight back on LF
- 8 RF Kick forwards
- & RF Step/close RF next LF
- LF Touch with toes to left side 1

(09 – 16) SAILOR STEP, SAILOR STEP ¼ TURN R, STEP, ½ TURN R, SHUFFLE L;

- 2 LF Cross LF behind RF
- & RF Step to right side
- 3 LF Step to left side
- 4 RF Cross RF behind LF
- & LF Step to left side
- 5 RF Step with 1/4 right forwards (3)
- 6 LF Step forwards
- 7 LF+RF Make a ¹/₂ turn right (9)
- 8 LF Step forwards
- & RF Step/close next LF
- 1 LF Step forwards

(17 - 24) FULL TURN, ROCK & CROSS, SIDE ROCK, RECOVER, SIDE SHUFFLE 1/4 TURN L;

- RF Step with 1/2 turn left backwards (3) 2
- 3 LF Step with 1/2 turn left forwards (9)
- 4 RF Step/rock to right side
- & LF Weight back on LF
- 5 RF Cross step RF over LF
- LF Step to left side & sway hips to left (weight on LF) 6
- 7 RF Weight back on RF & sway hips to right
- 8 LF Step to left side
- & RF Step/close next LF
- 1 LF Step with 1/4 turn left forwards (6)

(25 – 32) ROCK, RECOVER, ½ SHUFFLE TURN, ROCK, RECOVER, LOCK STEP BACK L;

- 2 RF Step/rock forwards
- 3 LF Weight back on LF
- 4 RF Step with 1/4 turn right to right side (9)
- & LF Step/close next RF
- 5 RF Step with 1/4 turn right forwards (12)





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- 6 LF Step/rock forward
- 7 RF Weight back on RF
- 8 LF Step backwards
- & RF Lock/cross step RF for LF
- 1 LF Step backwards

(33 – 40) ROCK 1/4 TURN R, RECOVER, SIDE SHUFFLE ¼ TURN R, HIP SWAYS L, R, L;

- 2 RF Step with ¼ turn right & sway hips to right (3)
- 3 LF Weight back on LF & sway hips to left
- 4 RF Step to right side
- & LF Step/close next RF
- 5 RF Step with ¼ turn right forwards (6)
- 6 LF Sway hips to left (weight on LF)
- 7 RF Sway hips to right (weight on RF)
- 8 LF Sway hips to left (weight on LF)

RESTARTS, on walls 3 + 5, after count 40

(41 – 48) ROCK & CROSS, ROCK & CROSS, KICK BALL CROSS, KICK BALL CROSS;

- 1 RF Step to right side
- & LF Weight back on LF
- 2 RF Cross step RF over LF
- 3 LF Step to left side
- & RF Weight back on RF
- 4 LF Cross step LF over RF
- 5 RF Kick diagonal right
- & RF Step RF behind LF (on ball RF)
- 6 LF Cross step LF over RF
- 7 RF Kick diagonal right
- & RF Step RF behind LF (on ball RF)
- 8 LF Cross step LF over RF
- 1 RF Start again...

RESTARTS: Dance the third & fifth walls up to count 40, (count 8 of the fifth block) and (re)start again

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