

It's OK

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Roz Harris (UK) - March 2025
音樂: It's Ok - Imagine Dragons : (Album: Mercury Acts 1 & 2.)



#16 Count Intro

SECTION 1: STEP FW LEFT, CROSS SIDE BACK ROCK, WALK X 2, MAMBO

- 1-2 Step left forward, sweep right from back to front and cross over left
- 3-4 & Step left to left side, back rock right, recover on left (1:30)
- 5-6 Walk fw right, left
- 7&8 Rock fw right, recover on left, step right next to left (1:30)

SECTION 2: WALK BACK X 2, SAILOR ¼, WALK FW X 2, SHUFFLE

- 1-2 Walk back left, right
- 3&4 Cross left behind right turning ¼ left, step right to right side, step left next to right (9 o'clock)
- 5-6 Walk fw right, left
- 7&8 Step fw right, left together, right forward) step change restart here wall 4*

SECTION 3: ROCK FW LEFT AND RIGHT, SHUFFLE BACK, UNWIND ¼

- 1-2 & Rock fw left recover, step left next to right
- 3-4 Rock fw right, recover on left
- 5&6 Step back right, left together, right back
- 7-8 Touch left toe behind right heel, ¼ unwind over left shoulder, weight ends on 1 left (6 o'clock)

SECTION 4: BASIC R AND L, BUMP HIPS (2 SLOW, 3 QUICK)

- 1-2 & Step right to right side, drag left next to right, rock back on 1 left recover
- 3-4 & Step left to left side, drag right next to left, rock back on right recover
- 5-6 Bump hips right, left
- 7&8 Bump hips right, left, right (6 o'clock)

*STEP CHANGE RESTART ON WALL 4 AFTER 16 COUNTS

Step change end section 2, change 7&8 to:

- 7&8 Shuffle ¼ to front, restart from beginning