

It's Alright

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Dee Cresdee (CAN), Ember Schira (CAN) & Sheila Smith (CAN)
音樂: It's Alright - Fernest Arceneaux & The Thunders



- 1 Kick right foot forward and slightly across left foot
- In subsequent repetitions of the dance, you may scuff or brush the right foot forward. It's alright.**
- 2 Step right foot over left foot
- 3 Plant left toe/ball behind right foot
- 4 Place left heel, take weight onto left foot
- & Pivot ¼ turn to right (now facing 3 o'clock wall)
- 5 Plant right heel forward
- 6 Snap right toe down and take weight
- 7 Plant left heel forward
- 8 Snap left toe down and take weight

STEP ACROSS, SIDE, BEHIND, BALL CROSS, HIP SWAYS (4X)

- 9 Step right foot in front of and across left foot
- 10 Step left foot to the left
- 11 Step right foot behind and across left foot
- & Place left toe/ball to the left of and slightly behind right (take weight momentarily)
- 12 Step right foot in front of and across left foot
- 13 Step left foot to left and push (sway) hips to left
- 14 Change weight to right foot and sway hips to right
- 15 Change weight to left foot and sway hips to left
- 16 Change weight to right foot and sway hips to right

ROCK FORWARD AND BACK, COASTER STEP, HEEL FRONT, SLAP, SCUFF, SLAP KNEE

- 17 Step forward onto left foot
- 18 Rock weight back onto right foot
- 19 Step left toe/ball back
- & Step right toe/ball beside left
- 20 Step forward onto left foot
- 21 Touch right heel forward
- 22 Swing right heel back and out and slap it with the right hand
- 23 Scuff right heel forward
- 24 Bring right knee up and slap right knee with right hand

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, BRUSH FORWARD, ACROSS & BACK, PLANT LEFT TOE/BALL, FULL TURN

- 25 Step forward with right foot
- & Step left foot to right foot
- 26 Step forward with right foot
- 27 Brush left toe/ball forward
- 28 Brush left toe/ball across right foot with a diagonally backward motion
- 29 Plant left toe/ball beside and to right of right foot (crossed feet)
- 30-32 Slowly unwind to right in full turn. End with right foot crossed in front of left foot, weight on right

SIDE LEFT, CLOSE RIGHT, DOUBLE SCOOT BACK (TWICE), SIDE RIGHT, CLOSE LEFT, DOUBLE SCOOT BACK (TWICE)

- 33 Step left foot to left
- 34 Close right foot to left
- 35-36 Scoot backwards two times with feet together

You may take a long step back with the left foot, close right to left, stay weighted left, touch right foot beside left. It's alright.

- 37 Step right foot to right
- 38 Close left foot to right
- 39-40 Scoot backwards two times with feet together.

You may take a long step back with the right foot, close left to right, stay weighted right, touch left foot beside right. It's alright.

ROCK BACK & FORWARD, SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD, ½ TURN, SHUFFLE FORWARD

- 41 Rock back onto left toe/ball
- 42 Step forward onto right foot
- 43 Step forward onto left foot
- & Close right foot to left foot
- 44 Step forward onto left foot
- & Pivot ½ turn to left (now facing 9 o'clock wall)
- 45 Step backward onto right foot
- & Close left foot to right foot
- 46 Step backward onto right foot
- & Pivot ½ turn to left (now facing 3 o'clock wall)
- 47 Step forward onto left foot
- & Close right foot to left foot
- 48 Step forward onto left foot

REPEAT
