

It's Ok!

拍數: 32 牆數: 4 級數: Improver
編舞者: Jacqui Cooper
音樂: Its Ok - Atomic Kitten



SIDE BEHIND SIDE, CROSS SIDE CROSS, ROCK & CROSS, ROCK & TOUCH

1&2 Step right to side, cross left behind right, step right to side
3&4 Cross left over right, step right to side, cross left behind right
5&6 Rock right to side, rock left in place, cross right over left
7&8 Rock left to side, rock right in place, touch left beside right

SIDE BEHIND SIDE, CROSS SIDE CROSS, SIDE BEHIND SIDE, CROSS SIDE TOUCH

1&2 Step left to side, cross right behind left, step left to side
3&4 Cross right over left, step left to side, cross right behind left
5&6 Rock left to side, rock right in place, cross left over right
7&8 Rock right to side, rock left in place, touch right beside left

SKATE RIGHT, LEFT, MAMBO FORWARD, LEFT LOCK BACK, ½ TURN SHUFFLE

1-2 Skate right, skate left
3&4 Rock forward on right, rock back on left, step back right
5&6 Step back on left, lock right in front of left, step back on left
7&8 Make ½ turn over right shoulder, shuffling right, left, right

SKATE LEFT, RIGHT, MAMBO FORWARD, RIGHT LOCK BACK, ¼ TURN SHUFFLE

1-2 Skate left, skate right
3&4 Rock forward on left, rock back on right, step back left
5&6 Step back on right, lock left in front of right, step back on right
7&8 Make ¼ turn to left, shuffle to the side left, right, left

REPEAT

TAG & RESTART:

On walls 3 & 6, immediately after count 22:

1&2 Rock back on right, rock weight onto left, touch right beside left

ENDING

On last wall (wall 9) to face front, finish wall to end, then:

1&2 ¼ turn right and shuffle forward right, left right
3&4 Shuffle forward left right left