You'll Be Okay

拍數: 32

級數: Intermediate / Advanced

編舞者: Rachael McEnaney (USA) - August 2014

音樂: You'll Be Okay - A Great Big World

Count In: 8 counts from start of track, dance begins on vocals. Approx 89 bpm Notes: There is 1 restart on the 2nd wall after 16 counts facing 6.00

[1 – 8] Fwd L, 1 ¼ turns to R, sway R-L, ¼ turn R with sweep, L cross with sweep, R cross, L side, R toe touches

- 1 2 a 3 4 Step forward left (1), pivot ½ turn right (2), make ½ turn right stepping back left (a), make ¼ turn right stepping right to right side as you sway upper body to right (3), transfer weight left as you sway left (4) 3.00
- 5 Make ¹/₄ turn right stepping forward right as you sweep left (5) 6.00
- 6 a 7 Cross left over right as you sweep right (6), cross right over left (a), step left to left side (7) 6.00
- a 8 a Touch right next to left (a), touch right to right side (8), touch right next to left (a)

(styling: during these counts bend left knee and lean upper body forward (groovy)) 6.00

[9 – 16] 3/8 turn R stepping fwd R hitching L, run L-R, L fwd rock, run back L-R, ¼ L point R, ½ R point L, 1 ¼ turns L travelling on diagonal

- 1 Make 3/8 turn right stepping onto ball of right as you hitch left knee (hitch isn't necessary if a sweep or just drag/hold feels better) (1) 10.30
- 2a3a4a Step forward left (2), step forward right (a), rock forward left (3), recover weight right (a), step back left (4), step back right (a) 10.30
- 5 a Make ¹/₄ turn left stepping left to left side (5), point right to right side (a) 7.30
- 6 a Make ¼ turn right stepping forward right (6), make ¼ turn right as you point left to left side (a) 1.30
- 7 & a Make ¼ turn left stepping forward left (7), make ½ turn left stepping back right (&), step back left (a) 4.30
- 8 & a Step back right (8), make ¹/₂ turn left stepping forward left (&), step forward right (a) 10.30

RESTART: here during the 2nd wall you will be facing 6.00 to Restart – your body ends on diagonal, its ok to start the dance stepping forward on diagonal to make it flow for the Restart – you can square up on the turn.

[17 – 24] 1/8 turn L sweeping R, R cross-side-behind with sweep L, L behind, $\frac{1}{4}$ R, fwd L, fwd R with $\frac{1}{2}$ chase turn L, $\frac{3}{4}$ turn R

- 1 Make 1/8 turn left stepping forward left as you sweep right foot (1) 9.00
- 2 a 3 Cross right over left (2), step left to left side (a), cross right behind left as you sweep left foot (3) 9.00
- 4 a 5 Cross left behind right (4), make ¼ turn right stepping forward right (a), step forward left (5) 12.00
- 6 a 7 Step forward right (6), pivot ½ turn left (a), step forward right (7) 6.00
- 8 a Make ¹/₂ turn right stepping back left (8), make ¹/₄ turn right stepping right to right side (a) 3.00

[25 – 32] Cross L into a weave to R, L diagonal rocking chair, L cross with sweep, R cross-side-behind, $\frac{3}{4}$ turn L sweeping R, run fwd R-L-R

- 1 a 2 a Cross left over right (1), step right to right side (a), cross left behind right (2), step right to right side (a) 3.00
- 3 a 4 a Angle body to right diagonal (4.30): rock forward left (3), recover weight right (a), rock back left (4), recover weight right (a) 4.30
- 5 Step forward left as you sweep right (square up to 3.00 wall) (5), 3.00
- 6 & a Cross right over left (6), step left to left side (&), cross right behind left (a) 3.00
- 7 Make ¼ turn left stepping forward on to left but continue to make another ½ turn left on ball of left as you sweep right (7) 6.00





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牆數:2

8 & a Step forward right (8), step forward left (&), step forward right (a) 6.00

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Instructor note: You will notice on the counts that I have included 'a' as a count, if you haven't heard of this before here is a brief explanation.

When we count in dance it really could be '1 e & a 2 e & a 3' etc, in this particular track you are stepping on the 'a' count which is just after '&', the easiest place in the dance to understand this is section 25-32 on the cross side rock as you are using both & and a.

If you are an instructor this might confuse some of your students, so I wouldn't place too much emphasis on it, they should dance on rhythm once they hear the song (treat it as an '&' count)

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