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It's Alright

IMPROVER
48 Count 4 Walls
Choreographed by: Lisa Åkesson
Choreographed to: The Blues Is Alright by Milton Cambell

Section 1	**Cross Rock, Right Chasse, Cross Rock, Left chasse**
1 - 2	Cross right over left. Recover onto left
3 & 4	Step right to right side. Close left beside right. Step right to right side
5 - 6	Cross left over right. Recover onto right
7 & 8	Step left to left side. Close right beside left. Step left to left side
Section 2	**Cross Side, Behind Side Cross. Side Rock. Coaster Turn 1/4 Left**
1 - 2	Cross right over left. Step left to left side
3 & 4	Cross right behind left. Step left to left side. Cross right over left
5 - 6	Rock left out to left. Recover onto right
7 & 8	Turn 1/4 left stepping left back. Step right beside left. Step left forwarde
Section 3	**Heel Touches / Kiccks. Coaster Step**
1 - 2	Touch right heel forward twice
3 & 4	Step right back. Step left beside right. Step right forward
5 - 6	Touch left heel forward twice
7 & 8	Step left back. Step right beside left. Step left forward
Note	Heel touches can be replaced by kicks
Section 4	**Walk. Kick Ball Change x 2**
1 - 2	Walk forward right. Walk forwrd left. (Or skate right left)
3 & 4	Kick right forward. Step right beside left. Step left small step forward
5 - 6	Walk forward right. Walk forward left (or skate right, left)
7 & 8	Kick right forwrd. Step right beside left. Step left small step forward
Section 5	**Forwrd Rock. Shuffle 1/2 turn x 2**
1 - 2	Rock forward on right. Recover onto left
3 & 4	Shuffle step 1/2 turn right - right, left, right
5 - 6	Rock forward on left. Recover onto right
7 & 8	Shuffle step 1/2 turn left - left. right, left
Section 6	**Heel. Hook, Lock Step Forward x 2**
1 - 2	Touch right heel forward. Hook righ heel across left shin
3 & 4	Step right forward on diagonal. Lock left behind rigt. Step right forward
5 - 6	Touch left heel forward. Hool left heel across right shin
7 & 8	Step left forward on diagonal. Lock right behinde left. Step left forward

Start again - ENJOUY

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