



32 Count – 4 wall – Improver Choreographed by Alan Haywood (UK) (March 2009) Choreographed to "It's Alright" by Seal from the Soul album (112 bpm) 32 count intro, start on word 'alright' E-Mail: alan.haywood@yahoo.com Website: www.alanhaywood.co.uk This will fit a lot of other tracks of your choice of a similar tempo – we've danced this to several pieces of music – you choose!

Section 1

R side, slide & cross shuffle, rock ¹/₄ L, recover, triple ¹/₂ L

Step right to right side, slide left to it (no weight) 1-2

- &3&4 Step left next to right, cross step right over left, step left to left to left side, cross step right over left
- Making a ¹/₄ left rock forward onto left, recover weight back onto right 5-6 (9 o/c) (3 o/c)
- 7&8 Triple ¹/₂ turn left stepping left right left

Section 2

Kick R, & Kick L, & R forward shuffle, rock forward, recover, ¹/₄ L shuffle

1&2& Kick right forward, step right next to left, kick left forward, step left next to right

- Step right forward, close left next to right, step right forward 3&4
- 5-6 Rock forward onto left, recover weight back onto right
- 7&8 Making a ¼ turn left, step left to left side, close right next to left, step left to left side (12 o/c)

Section 3

R over, L side, R behind & across, L side rock, recover, L behind R ¼ R L forward

- Cross step right over left, step left to left side 1-2
- 3&4 Cross step right behind left, step left to left side, cross step right over left
- Rock left to left side, recover weight onto right 5-6
- 7&8 Cross step left behind right, step right ¹/₄ right, step left forward (3 o/c)

Section 4

Rock, recover, ½ sailor R (with a cross), L side rock & cross, sway R, sway L

- Rock forward onto right, recover onto left 1-2
- 3&4 (Making a ½ turn right) Right behind, step left to left side, cross step right over left (9 o/c)
- 5&6 Rock left to left side, step right next to left, cross step left over right
- 7-8 Sway right to right side, sway left to left side

REPEAT AND ENJOY!

NO TAGS OR RESTARTS – YIPPEE!!!!

Towards the end of the song, the song slows, keep dancing through. Music comes back to tempo.