

It's Ok!



level: High Intermediate
music: It's Ok! (album: It's Ok!) **time:** 3:18 min
artist: Atomic Kitten **speed:** 92 bpm
choreo: Monika Balon-Burger; Yvonne Burger
taught at: ECTA Clog Convention 2011 (Dortmund) by Bianca Behrens
sequence: **A B C A B C D C* D ENDING**
 wait 16 beats C* = C without Jazz Box & Karate

Part A (32 beats)

Double	DS DS(xif)/BRK (P)	BO/H(if)	BO/H(if)	S(xif)/BRK
Baby Switch	L R /L	L/R	R/L	L /R
	&1 & 2	& 3	&	4
	(P) BO/H(if)	BO/H(if)	SL DT	BO/H(if) BO/H(if) SL
	R/L	R/L	R L	L/R R/L R
	& 5	& 6	& 7	& 8
Drag & Split	DS DR S(xif)	DS BA/H UP/SL	DS DS(xif)	DS LOOP(1/2 R) S
& Vine Loop	L L R	L R L L R	L R	L R R
	&1 & 2	&3 & 4	&5 &6	&7 & 8

Repeat all above to face front again

Part B (16 beats)

Mountain Pull	DS BA(xif)	BA BA(ots)	PULL(f)	S	RS DS H(w)H(w)	RS
& Rock Heelwalk	L R	L R	L	R	LR L R	L RL
	&1 &	2 &	3	4	&5 &6 &	7 &8
Joey	DS BA(xib)	BA(ots)	BA(ots)	BA(xib)	BA(ots)	S
	R L	R	L	R	L	R
	&1 &	2	&	3	&	4
You	DS(xif)	DR(1/4 L)	S(ib)	DR S(ib)	BA/H UP/SL	[move R and turn
	L	L	R	R L	R L L R	front with next
	&1	&	2	& 3	& 4	step]

Part C (40 beats)

Bella Lick	DS HOP H(xif)BA	DS HOP T(xib)BA	DS DT UP/H	DT UP/H	RS
	L L R	R L L R	R	L R R L R R	L RL
	&1 & a	2 &3 & a	4	&5 &a 6	&a 7 &8
Mod. You	DS DR(1/4 L)	S(ib)	DR S(ib)	RS	
	R R	L	L R	LR	
	&1 &	2	& 3	&4	
Fancy Run	DS DS(xif)	BA(ots)	BA(xib)	BA(ots)	S(1/4 L)
	L R	L	R	L	R
	&1 &2	&	3	&	4

Repeat all above to face front again

	---- 180° L ----	
Jazz Box	S S(xif) S(ib) S(ots)	DS KK(1/2 L) H DS KK UP/H
& Karate	L R L R	L R L L R
	1 2 3 4	&5 & 6 &7 & 8

It's Ok!



Part C* (32 beats) C* = C without Jazz Box & Karate

2x [Bella Lick / Mod. You (1/4 L) / Fancy Run (1/4 L)]

Part D (32 beats)

Mod. Vine Devil	DS DR S(xif)	DS SL S(xib)	DS DS(xif)	BA(ib)	SL RS
	L R L	L L R	L R	L	L RL
	&1 & 2	&3 & 4	&5 &6	&	7 &8

				360° L	
Ghostbuster	DS DT(xif)	H DT(unx)	H S S S S	KK UP/H	DS RS
	R L	R L	R L R L R L	L R L	RL
	&1 &	2 &	3 & 4 & 5 &	6 &7 &8	

Repeat all above, opposite footwork & direction

Ending (4 beats)

			360°R
Reverse	S S(xif)	S(ib)	S
Jazz Box	L R	L	R
	1 2	3	4

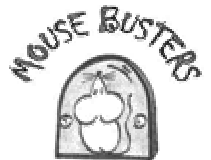
sequence: **A B C A B C D C* D ENDING**

v: 23.05.2011

Cuecard:

It's Ok! - Atomic Kitten

High
Intermediate



Wait 16 Beat

A 2x [Double Baby Switch / Drag & Split / Vine Loop (1/2 R)]

B Mountain Pull / Rock Heelwalk / Joey / You

C 2x [Bella Lick / Mod. You (1/4 L) / Fancy Run (1/4 L)]
Jazz Box (1/2 L) / Karate

A 2x [Double Baby Switch / Drag & Split / Vine Loop (1/2 R)]

B Mountain Pull / Rock Heelwalk / Joey / You

C 2x [Bella Lick / Mod. You (1/4 L) / Fancy Run (1/4 L)]
Jazz Box (1/2 L) / Karate

D 2x [Mod. Vine Devil / Ghostbuster]

C* 2x [Bella Lick / Mod. You (1/4 L) / Fancy Run (1/4 L)]

D 2x [Mod. Vine Devil / Ghostbuster]

END Reverse Jazz Box (360° R)