

# I'm Alright

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**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Martie Papendorf

**Music:** I'm Alright (American Idol Studio) - Crystal Bowersox

**Start on vocals.**

**S1: STEP , TAP, BACK, HEEL, L & R SWIVEL, SIDE, TOGETHER, SIDE, HOOK, SIDE CHASSE, TURN**

- 1&2&** Step fwd R, tap L behind R, step back L, touch R heel fwd hooking thumbs on belt
- 3&** Step R back, touch ball of L fwd swiveling heel on floor to 2nd position leaning back (keep weight on R)
- 4&** Repeat on L stepping back L , swiveling R, keeping weight on L
- 5&6&** Step R to R side, step L next to R (heel to R instep), step R to side, hook L over R
- 7&8** Release thumbs and step L to side, R next to L, step L to L spinning  $\frac{3}{4}$  on ball of L dragging R in semi circle 3.00

**S2: WALK, WALK, 3 STEPS with PUNCHES, SAILOR TURNS x2**

- 1, 2** Walk fwd R, Walk fwd L,
- 3&4** Making punching movements with fists R, L, R (elbows at waist level, fists at shoulder level) step small steps fwd R, fwd L , fwd R ,
- 5&6** Step L behind R, turn  $\frac{1}{4}$  R stepping R to R side, recover L to L side 6.00
- 7&8** Turn  $\frac{3}{4}$  to L stepping R back spinning  $\frac{3}{4}$  turn on ball of R foot, step L to L side, recover R to R side

**(Restart here on wall 3 adding an '&' count) 9.00**

**S3: FWRD , CLAP, FWRD, CLAP, BACK, CLAP, BACK, CLAP, L ANCHOR STEP, R ANCHOR STEP**

- 1&2&** Step fwd L bending knee, clap hands (low), step fwd R bending knee, clap hands (low)
- 3&4&** Step back L straightening up, clap hand chest level, step back R, clap hands chest level
- 5&6** Step L close behind R turning shoulders/opening body to L side still facing front, recover to R, step back on L close behind R (Anchor step)

**7&8 REPEAT Anchor Step on R turning shoulders /opening body to R while facing front**

## **S4: L MAMBO BACK, WALK, WALK, R MAMBO FWRD, BACK, BRUSH, TOE TOUCH**

- 1&2** Rock L back, recover to R, step L next to R,  
**3, 4** Walk fwd R (3), L (4) (with shoulders moving up and down keeping double time &3&4 )  
**5&6** Rock R fwd, recover on L, step R next to L,

**(Restart here on wall 5 adding an '&' count) 6.00**

- 7&8** Step L back, brush R across L, touch R toe on outside next to L 9.00

### **RESTARTS:**

**1. During 3rd wall of (it starts at 6.00), at the end of section 2, add an '&' count stepping back on L and then start again (wall 4).**

**You will be facing 3.00**

**2. At the end of the 5th wall (it starts at 9.00) eliminate the last steps of section 4 (count 7&8 ) and add an '&' count (as in 1st restart) stepping back onto L and start again (wall 6).**

**You will be facing 6.00**

**At the end of the 5th wall the music slows down. Just keep going until it speeds up and enjoy it!**