

Not Alright Cha.

Name of Dance: Not Alright Cha.

Choreographed by: Sebastiaan Holtland, Netherlands

Song: **Not Alright** (Track on iTunes & other mp3 sites) (approx 2.47 mins).

Music: **Pink Sweat\$** (From Album 2021).

Dance edit, email: smoothdancer79@hotmail.com

Published: April 2021. 32 counts, 2 Wall, Absolute Beginner level line dance.
with 2 Restarts after 16 counts, after start again (12.00).

Introduction: 8 counts, start approx 05 sec.

Part 1.

1-8 Side L, Back Rock R, Side Cha Cha R, Cross Rock L, Side L, R Together.

1,3 Step Lf to L (1), Rock Rf back (2), Recover back onto Lf (3).

4&5 Step Rf to R (4), Step Lf beside Rf (&), Step Rf to R (5).

6,7 Cross Rock Lf fwd (6), Recover back onto Rf (7).

8& Step Lf to L (8), Step Rf beside Lf (&).

Part 2

9-16 L Side , Hold, Together, L Side, Hold, Together, Side Rock L, Behind, Side, Together.

1,2 Step Lf to L (1), Hold (2).

&3,4 Step Rf beside Lf (&), Step Lf to L (3), Hold (4).

&5,6 Step Rf beside Lf (&), Rock Lf to L (5), Recover back onto Rf (6).

7&8 Step Lf behind Rf (7), Step Rf to R (&), Step Lf beside Rf (8) *(with restarts holding weight onto Rf).*

(NB Restart here in wall 3/6 after 16 counts, after start again (12.00)).

Part 3.

17-24 Side R, Back Rock L, Step Lock Step L Fwd, Fwd Rock R, R Back, Together.

1,3 Step Rf to R (1), Rock Lf back (2), Recover back onto Rf (3).

4&5 Step Lf fwd (4), Lock Rf behind Lf (&), Step Lf fwd (5).

6,7 Rock Rf fwd (6), Recover back onto Lf (7).

8& Step Rf back (8), Step Lf beside Rf (&).

Part 4.

25-32 R Back, Back Rock L, ½ Shuffle Turn L, Back Rock R, Step R.

1 Step Rf back (1).

2,3 Rock Lf back (2), Recover back onto Rf (3).

4&5 ½ Shuffle turn R (L, R, L) (4&5).

6,8 Rock Rf back (6), Recover back onto Lf (7), Step Rf fwd (8).

REPEAT DANCE AND HAVE FUN!!