

IT'S ALRIGHT

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CHOREO: Karen and Ed Gloodt, 300 Beaumont, Ardmore, OK 73401 580-226-0445
egloodt@netscape.net, website: gloodts-letsdance.com

MUSIC: "It's Alright", The Impressions, *The Impressions 50th Anniversary, Salute to Curtis Mayfield*, 2:45

MUSIC LINK: https://www.amazon.com/Its-Alright/dp/B005CMNKI0/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1508780561&sr=1-1&keywords=it%27s+alright+the+impressions (
<https://www.youtube.com/watch?v=dIF2aGpnDUA>)

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)

RHYTHM: JIVE, PH 3+2 (chicken walks & pretzel turn)

SEQUENCE: INTRO A B C A B (9-16) C A ENDING (average difficulty)

INTRODUCTION

- 1-4** LOP LOD WAIT MEAS;; CHICKEN WALKS 2 SLOW; 4 QUICK;
1-2 {wait} LOP LOD ld ft free wait;;
3-4 {chicken walks} Ld hnds joined and turning hands in direction of W's foot action
bk L, -, R, -; L, R, L, R (Fwd w/swiveling action toeing out R, -, L, -, R, L, R, L);
- 5-8** CHANGE LEFT TO RIGHT ~ LINK ROCK;;; SCP DOUBLE ROCK;
5-7 {chg L to R ~ link rk} Rk apt L, rec R, sd L/R, L leading lady to trn LF under joint hnds to LOP-FCG WALL (Rk apt R, rec L, fwd chasse R/L, R trng ¼ RF und ld hnds); Sd chasse R/L, R, rk apt L, rec R CP (Sd chasse L/R, L, rk apt R, rec L); Sd chasse L, R/L, sd chasse R/L, R (Sd chasse R/L, R, sd chasse L/ R, L);
8 {dbl rk} Trng to SCP Rk bk L, rec R, rk bk L, rec R;

PART A

- 1-4** CHASSE LEFT & RIGHT; FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND BACK;;;
1 {chasse L & R} Blending to loose CP sd L/cl R, sd L, sd R/cl L, sd R;
2-4 {fallaway throwaway ~ chg hnds beh bk} Trng to SCP rk bk L, rec R, fwd L/cl R, fwd L; Sd R/cl L, sd & fwd R to LOP LOD, rk apt L, rec R (Rk bk R, rec L, fwd R/cl L, fwd R trng ½ LF in front of M; Sd L/cl R, sd & bk L, rk bk R, rec L); ~ Chasse fwd L/R, L trng ¼ LF chng W's R hnd to M's R hnd beh M's bk, chasse sd & bk R/L, R cont trng ¼ LF chng W's R hnd to M's L LOP RLOD (Fwd R/L, R trng ¼ RF, sd L/R, sd & bk L trng ¼ RF);
- 5-8** LEFT TO RIGHT TO COH ~ LINK ROCK TO CP WALL;;; SCP DOUBLE ROCK;
5-7 {L to R ~ R trng fallaway} Rk apt L, rec R, sd L/R, L leading lady to turn LF und joined hnds to LOP COH (Rk apt R, rec L, fwd R/cl L, fwd R trng ½ LF in front of M); Sd chasse R/L, R, rk apt L, rec R to CP (Sd chasse L/R, L, rk apt R, rec L blending to CP); Trng ¼ RF sd L/cl R, sd L, cont trng ¼ RF sd R/L, R to Fc WALL (Trng ¼ RF sd R/cl L, cont trng ¼ RF sd L/R, L);
8 {dbl rk} Rk bk L, rec R, rk bk L, rec R;

PART B

- 1-4** CHASSE LEFT & RIGHT; CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;;;
1 {chasse L & R} Blending to loose CP sd L/cl R, sd L, sd R/cl L, sd R;
2-4 {R to L ~ L to R} Rk bk L SCP, rec R, fwd L/cl R, fwd L (Rk bk R, rec L, fwd R/cl L, fwd R trng ½ RF und ld hnds ending in front of M); Sd R/cl L, sd & fwd R to LOP-FCG LOD, rk apt L, rec R (Sd L/cl R, sd & bk L), rk apt R, rec L); Sd L/R, L leading lady to LF und joined hnds to LOP FCG WALL, sd chasse R/L, R (Fwd chasse R/L, R trng ¼ LF und ld hnds, sd chasse L/R, L);
- 5-8** LINK ROCK SCP ~ ROCK RECOVER TO JIVE WALKS;;; SWIVEL 4;
5-7 {link rk ~ jive walks} Rk apt L, rec R, sd L/cl R, sd L to CP; Sd R/cl L, sd R, trng to SCP rk bk L, rec R; Fwd L/R, L, fwd R/L, R (Rk apt R, rec L, sd chasse R/L, R; Sd L/R, L, trng to SCP rk bk R, rec L; Fwd R/L, R, fwd L/R, L);
8 {swivel 4} With swiveling action fwd L, R, L, R;
- 9-12** 4 POINT STEPS;; THROWAWAY; ROCK RECOVER KICK BALL CHANGE;
9-10 {4 pt steps} Pt L, fwd L, pt R, fwd R; Repeat meas. 9;
11 {throwaway} Fwd L/cl R, fwd L, sd R/cl L, sd & fwd R to LOP LOD (Fwd R/cl L, fwd R trng ½ LF in front of M, sd L/cl R, sd & bk L);
12 {rk rec KB chg} Rk apt L, rec R, kick L ft fwd & slightly out/pl L ball of ft beh R, rec R;
- 13-16** CHICKEN WALKS 2 SLOW 4 QUICK;; LINK ROCK TO SCP ROCK RECOVER TO FACE;
13-14 {chicken walks 2 sl 4 qk} Ld hnds joined and turning hands in direction of W's foot action
bk L, -, R, -, L, R, L, R (Fwd w/swiveling action toeing out R, -, L, -, R, L, R, L);
15-16 {link rk SCP rk rec} Rk apt L, rec R leading lady fwd, sd L/R, L blending to CP; Sd R/L, R, trng SCP rk bk L, rec R (Fwd R, L, trng RF to CP R/L, R; Sd L/R, L, trng SCP rk bk R, rec L);

PART C1-4 PRETZEL TURN; DOUBLE ROCK; UNWRAP PRETZEL; SCP DOUBLE ROCK FORWARD;

- 1 *{pretzel trn}* Keeping M's L & W's R hnds joined low M trng RF L/R, L, R/L, R (Trng LF R/L, R, L/R, L) end both fcg LOD ld hnds joined beh bk trl hnd exended LOD;
- 2 *{dbl rk}* Rk fwd L, rec R, rk fwd L, rec R;
- 3 *{unwrap pretzel}* Trng LF & progressing RLOD unwrap L/R, L, R/L, R (Trng RF R/L, R, L/R, L) blending to loose CP WALL;
- 4 *{dbl rk}* Trng to SCP rk bk L, rec R, rk bk L, rec R;

5-8 ROCK BOAT 2 SLOWS;; 2 FORWARD TRIPLES; SWIVEL 4;

- 5-6 *{rk boat 2 sl}* Fwd L w/ straight knee leaning fwd,-, w/ rocking motion and bent knees cl R, -; Repeat meas 1 of part B;
- 7 *{2 fwd triples}* Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 8 *{swivel 4}* Fwd L, fwd R, fwd L, fwd R (Swiveling fwd R, L, R, L);

REPEAT AREPEAT B (9-16)REPEAT CREPEAT A

ENDING

1-4 2 POINT STPS; THROWAWAY; ROCK RECOVER KICK BALL CHANGE; ROCK RECOVER WRAP LADY IN 2; LUNGE & HOLD;

- 1 *{2 pt stps}* Pt L, fwd L, pt R, fwd R;
- 2 *{throwaway}* Fwd L/cl R, fwd L, sd R/cl L, sd & fwd R to LOP LOD (Fwd R/cl L, fwd R trng ½ LF in front of M, sd L/cl R, sd & bk L);
- 3 *{rk rec KB chg}* Rk apt L, rec R, kick L ft fwd & slightly out/pl L ball of ft beh R, rec R;
- 4 *{rk rec wrap lady in 2}* Joining both hnds rk apt L, rec R leading lady to trn LF, sm sd L, cl R (Rk apt R, rec L, fwd R trng LF, cl L);
- 5 *{lunge sd & hold}* Keeping ld hnds joined sd & fwd L trng slightly RF to a modified wrap [look at ptr trl hnd on her back] & hold (Sd R & slightly bk trng LF to look at ptr & hold);

JV 3+2 IT'S ALRIGHT

INTRO: LOP LOD WAIT;; CHICKEN WALKS
2 SL 4 QK;; L TO R ~ LINK RK;;; SCP DBL RK;
A

CHASSE L & R; FALLAWAY THROWAWAY ~
CHG HNDS BEH BK;;; L TO R TO COH ~ LINK
ROCK TO FC WALL;;; SCP DBL RK;

B
CHASSE L & R; R TO L ~ L TO R;;; LINK RK ~
SCP RK REC TO JIVE WALKS;;; SWIVEL 4;
4 PT STPS;; THROWAWAY; RK REC KB CHG;
CHICKEN WALKS 2 SL 4 QK;; LINK RK ~
SCP RK REC;;

C
PRETZEL TRN & DBL RK;; UNWRAP PRETZEL
SCP DBL RK;; RK BOAT 2 SL;; 2 FWD TRIPLES;
SWIVEL 4;

REPEAT AREPEAT B (9-16)REPEAT CREPEAT A

END

2 PT STEPS; THROWAWAY; RK REC KB CHG;
ROCK REC WRAP LADY IN 2; LUNGE SD & HOLD;