

Be Alright

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 Artist: Josh Groban
 Music: CD: Gems or Gems (Deluxe Edition), Track 1, 3:43, fade out at 2:59
 Sample and buy from iTunes:
<https://music.apple.com/de/album/be-alright/1799832730?i=1799832734&l=en-GB>
 Listen on YouTube:
https://www.youtube.com/watch?v=11ILYcgA--8&list=RD11ILYcgA--8&start_radio=1
 Rhythm: Bolero
 Phase: VI
 Difficulty: Average
 Sequence: Intro-A-B-A-B-End
 Video: Available from choreographers by request

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Intro

Meas	Cue	Leader	Follower
1	Wait in HNDSHK WALL - trail foot free	Wait;	Wait;
2-3	½ moon	Sd R trng to slight V RLOD, -, thru L RLOD, rec R L trng to fc ptr; Sd & bk L, -, slip bk R trng LF, fwd & sd L FCG COH;	Sd L trng slight V RLOD, -, thru R RLOD, rec L trng to fc ptr; sd & fwd R, -, trng LF fwd L crossing in front of M, sd & bk R;
4	New Yorker	Sd R, -, trng to OP LOD fwd L, bk R to LOP FCG COH;	Sd L, -, trng to OP LOD fwd R, bk L to LOP FCG;

PART A

Meas	Cue	Leader	Follower
1	Chckd R pass	Fwd & sd L comm R fc trn raise ld hnds placing R hnd on W R hip, -, cont trn XRib chckg W motion, cont trn sd & fwd L;	Fwd R raise ld hnds, -, fwd & XLif (no trn), bk R;
2	M swvl to fwd brk	Fwd R swvl RF to fc ptr & COH, -, fwd L, rec R;	Bk L, -, bk R, rec L;
3	Hip lift HNDSHK	Sd L bring R ft along sd L ft, -, w/ pressure on R toe lift R hip, lower hip to HNDSHK COH;	Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lower hip to HNDSHK;
4	Contra brk	Sd & fwd R w/ R sd stretch, -, fwd L, rec bk R;	Sd L w/ L sd stretch, -, rk bk R, rec fwd L;
5-7	Turkish towel 4 meas	Sd L, -, raise jnd R hnds bk R ld W to trn RF, rec L trng ¼ LF to fc RLOD; Sd R trng 1/8 LF R hnds over Ms hd, -, bk L, rec R; Sd L trng ¼ RF raise L hnds over Ms hd, -, rk bk R, rec L;	Sd R, -, XLif trn LF ¾, fwd R trng ¼ RF; Fwd L pass beh M trng 3/8 RF to fc DLW, -, fwd R, rec L; Sd R trng ¼ LF, -, rk fwd L, rec R;
8	W in 2 to SHADOW WALL rel L hnds	Sd R trng ¼ LF, -, bk L, rec R trng 1/8 LF rel L hnds to SHADOW WALL M beh W;	Sd & fwd L trn 1/8 LF, -, rec R, - SHADOW WALL W if of M;

9	Shadow romantic sway 2x	Sd L & swvl ½ LF raise R hnd over Ws hd to fc COH, -, sd R, rec L;	Sd L & swvl ½ LF raise R hnd to fc COH, -, sd R, rec L;
10	W in 2 - L hnds	Sd R swvl ½ RF raise R hnd over W hd to fc WALL, -, sd L, rec R jn L hnds rel R hnds;	Sd R swvl ½ RF raise R hnd, -, sd L, -;
11	Lead foot sweetheart 2x	Sd L, -, rk fwd R, rec L;	Sd R, -, rk bk L, rec R;
12	W trn FC	Sd R, -, rk fwd L, rec R to LOP FCG WALL;	Sd L swvl RF 1/2 fc ptr, -, rec R, rec L;

PART B

1	Riff trns	Sd L raise jnd ld hnds, cl R, sd L, cl R;	Sd & fwd R comm RF spin undr jnd hnds, cl L comp full RF spin, sd & fwd R comm RF spin undr jnd hnds, cl L comp 2 nd full spin;
2	Aida	Sd & fwd L w/rise sweep R arm up to slight OP "V" shape, -, take arms over thru R, trng RF sd L jn ld hnds;	Sd & fwd R w/rise sweep L arm up to slight OP "V" shape, -, take arms over thru L, trng LF sd R jn ld hnds;
3	Aida line & hip rks	Cont trn RF sd & bk R to bk to bk "V" pos fcg RLOD sweep tr arms up & bk, -, rec L, rec R;	Cont trn LF sd & bk L to bk to bk "V" pos fcg RLOD sweep tr arms up & bk, -, rec R, rec L;
4	Switch & rec HNDSHK	Trng 1/8 LF sd L to LOD, -, rk R, - to HNDSHK WALL;	Trng 1/8 RF sd R to LOD, -, rk L, - to HNDSHK;
5-6	Full moon 3 meas	Sd & fwd L comm LF trn, -, cont LF trn slp bk R, cont LF trn fwd R raise R hnd beh W & ld her to spiral; fwd R jn L hnds to VARS COH, -, fwd L chckg, bk R rel L hnds;	Sd & fwd R trng ¼ RF, -, fwd L trng 1/4 LF, fwd R spiral 7/8 LF; fwd L trng 1/8 LF jn L hnd to VARS, -, fwd R chck, bk L trng 1/8 RF;
7	W trn to FC CP RLOD	Bk & sd L trng 1/8 LF, -, bk R trng 1/8 LF, rec L to loose CP RLOD;	Fwd R trng ¾ RF, -, fwd L trn 1/8 LF, sd & fwd R trng 3/8 LF to loose CP RLOD;
8	Hip rks	Sd R rollg R hip, -, rec L rollg L hip, rec R rollg R hip;	Sd L rollg L hip, -, rec R rollg R hip, rec L rollg L hip;
9	Sync trng basic DLC	Sd L shape to R, -, slip R trng LF/fwd L cont LF trn, fwd R comp trn to fc DLC;	Sd R shape to R, -, slip L fwd into M trn LF/bk R cont LF trn, cl L;
10	Sd to hinge	Sd L, -, lower on L trn bdy LF still DLC, -;	Sd & bk R, -, trn bdy LF XLib well under bdy, pt R fwd;
11	Same foot lunge line	Rise w/ no weight chg while leading W out of the hinge, -, cl R, lower on R while extending L fwd still DLC;	Rec R comm to swvl RF, -, cont to swvl RF on R, lower on R while extending L fwd;
12	W hov out - M in 2	Fwd L trng 1/8 LF, -, rk sd R to fc COH, -;	Fwd L, -, fwd R trng LF, fwd L trn LF to fc ptr;

Part A

Part B

End

1	Spot trn	Sd L, -, XRif trn LF $\frac{3}{4}$, fwd L cont trn $\frac{1}{4}$ to fc;	Sd R, -, XLif trn RF $\frac{3}{4}$, fwd R cont trn $\frac{1}{4}$ to fc;
2-3	Adv alemana WALL	Sd R, -, fwd L, rec R trng 1/8 RF; Sd L trng 1/8 RF to fc LOD, -, XRib trn 1/8 RF, rec L trng 1/8 RF to fc WALL;	Sd L, -, bk R, fwd L trng 1/8 RF; fwd R cont trn RF under raised ld hnds, -, fwd L cont trn fc ptr, fwd & sd R,
4	1/2 basic	Sd R, -, fwd L, bk R;	Sd L, -, bk R, fwd L;
5	Chckd R pass	Fwd & sd L comm R fc trn raise ld hnds placing R hnd on W R hip, -, cont trn XRib chckg W motion, cont trn sd & fwd L;	Fwd R raise ld hnds, -, fwd & XLif (no trn), bk R;
6	M under - W in 2 - R HNDS	Fwd R swvl RF to fc ptr & WALL, -, fwd L trng $\frac{1}{2}$ RF under jnd ld hnds, fwd R jnd R hnds to SHDW COH M if of W;	Bk L, -, rec R, -;
7-9	RLOD shad romantic sways 3 meas	Sd L & swvl $\frac{1}{2}$ LF raise R hnd over Ms hd to SHDW WALL, -, sd R, rec L; Sd R & swvl $\frac{1}{2}$ RF raise R hnd over Ms hd COH, -, sd L, rec R; Sd L & swvl $\frac{1}{2}$ LF raise R hnd over Ms hd to SHDW WALL, -, sd R, rec L;	Sd L & swvl $\frac{1}{2}$ LF raise R hnd to fc WALL, -, sd R, rec L; Sd R & swvl $\frac{1}{2}$ RF raise R hnd to fc COH, -, sd L, rec R; Sd L & swvl $\frac{1}{2}$ LF raise R hnd to fc WALL, -, sd R, rec L;
10	Step sd & embrace	Sd R, -, embrace W from beh, -;	Sd R, -, smile, -;

Suggested Head Cues

Intro	HNDSHK WALL - tr ft free - wait 1; $\frac{1}{2}$ moon;; NY;
A	chckd R pass; M swvl to fwd brk; hip lift (HNDSHK); contra brk; turk towel - 4 meas; hnds high;; W in 2 (SHDW WALL) - rel L hnds; to line shdw romantic sways; W in 2 - L hnds; ld ft - sweetheart 2x; W to FC;
B	riff trns; aida; aida line & hip rks; switch & rec (HNDSHK); full moon 3 meas;; W to FC - to CP RLOD; hip rks; sync trng bas (DLC); sd to a hinge - stay diag; same foot lunge line; W hov out - M in 2;
A	chckd R pass; M swvl to fwd brk; hip lift (HNDSHK); contra brk; turk towel - 4 meas; hnds high;; W in 2 (SHDW WALL) - rel L hnds; to line shdw romantic sways; W in 2 - L hnds; ld ft - sweetheart 2x; W to FC;
B	riff trns; aida; aida line & hip rks; switch & rec (HNDSHK); full moon 3 meas;; W to FC - to CP RLOD; hip rks; sync trng bas (DLC); sd to a hinge - stay diag; same foot lunge line; W hov out - M in 2;
End	spt trn; adv alem (WALL);; $\frac{1}{2}$ bas; chckd R pass; M under - W in 2 - R hnds; to rev shdw romantic sways - 3 meas;;; stp sd & embrace; <i>fade out</i>