

# OMG - Oh My God

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2021

Music: Oh My God - Adele



Start after 16 count intro - approx. 11 secs - 3mins 45secs - 88bpm - Available: Amazon

**[1-9] Cross L over R, R side, cross L behind & flick R side R, cross R behind L, L side, cross R over L, 2 x R ball crosses travelling L, point L toes side L, L behind, ¼ R, R fwd, L fwd**

- 1&2 Cross step L over R, step R side, cross step L behind R AND flick R to R side
- 3&4 Cross step R behind L, step L side, cross R over L
- &5&6 Step L side, cross step R over L, step L side, cross step R over L
- 7 Point L side
- 8&1 Cross step L behind R, turning ¼ right step R forward, step L forward (3 o'clock)

**[10-17] R fwd, L fwd rock/recover, L/R/L back with sweeps, ¼ R press R (prep for turn), turning ¼ left recover L, ½ left, R back, ¼ L, L side (bigger step)**

- 2- 3& Step R forward, rock L forward, recover weight on R
- 4-6 Step L back simultaneously sweeping R from front to back, step R back simultaneously sweeping L from front to back, step L back simultaneously sweeping R from front to back
- 7-8&1 Turning ¼ right press R out to right side (6 o'clock), turning back ¼ left recover weight on L (3 o'clock), ½ left step R back, ¼ left step L to L side (bigger step) (6 o'clock)

**[18-25] R sailor, L behind, R side, cross L over R, ¼ L, R back, ¼ L, L side, cross R over L, L side, R together, L fwd**

- 2&3 Cross step R behind L, step L side, step R side
- 4&5 Cross step L behind R, step R side, cross step L over R
- 6&7 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L (12 o'clock)
- 8&1 Step L side, step R together, step L forward

**[26-32] R side, L tog, R back, ¼ L toaster step, R fwd, L fwd lock step on diagonal, R fwd on diagonal**

- 2&3 Step R side, step L together, step R back
- 4&5 Turning ¼ left step L back, step R together, step L forward (9 o'clock)
- 6 Step R forward
- 7&8 Step L forward, lock R behind L, step L forward (towards L diagonal)
- & Step R forward (towards R diagonal)

**WALL 2 TAG: At the end of wall 2 facing back wall dance the following and restart the dance facing right side wall**

**[1-9] Cross L over R, touch R side (weight remains on L), bump hips R/L/R, cross R behind L, L side, cross R over L, ¼ L chassé, R fwd, pivot ¼ L, cross R over L**

- 1-2&3 Cross step L over R, touch R side and bump hips R/L/R (weight remains on L)
- 4&5 Cross step R behind L, step L side, cross step R over L
- 6&7 Step L side, step R together, turning ¼ left step L forward (3 o'clock)
- 8&1 Step R forward, pivot ¼ left, cross step R over L (12 o'clock)

**[10-16&] Touch L side (weight remains on R), bump hips L/R/L, cross L behind R, ¼ R, R fwd, L fwd, R fwd mambo, L back, R tog**

- 2&3 Touch L side and bump hips L/R/L with weight remaining on R
- 4&5 Cross step L behind R, turning ¼ right step R forward, step L forward (3 o'clock)
- 6&7 Rock R forward, recover weight on L, step R back
- 8& Step L back, step R together

**WALL 3 TAG: At the end of wall 3 facing front wall dance the following and restart the dance facing front wall**  
1-4 Step L forward bumping hips L/R/L/R (weight remains on R)

**Tel: 01462 735778 Email: [alison.biggs1@btinternet.com](mailto:alison.biggs1@btinternet.com) Find us on Facebook: TheDanceFactoryUK**

---