Oompa Loompa Feelings



Count: 64 Wall: 2 Level: Intermediate

Choreographer: Amanda Rizzello (FR) & Florian ARBELOT (FR) - August 2024

Music: Bad Feeling (Oompa Loompa) - Jagwar Twin



Intro: 16 counts NO TAG - NO RESTART

S1-SWIVEL STEP BACK X2 RL- COASTER CROSS SWEEP – CROSS OVER– SIDE BACK SWEEP-BEHIND SIDE 1/4 TURN

Step back on R as you open L toe to L (1) Step back on L as you open R Toe to R (2)

Step back on R (3) Close L Next to R (&) Cross R Over L Sweeping L From back to front (4)

Cross L Over R (5) Step R To R Side (&) Cross L Behind R Sweeping R From Front to Back

(6)

7&8 Cross R Behind L (7) Step L To L (&) 1/4 turn L Stepping Forward on R (8) [09:00]

S2- ROCK FORWARD - STEP BACK X3 LRL - ROCK BACK - 3/4 TURN JUMPS

12 Rock Forward on L (1) Recover on R (2)

3&4 Step Back on L (3) Step Back on R (&) Step Back on L (4)

56 Rock Back On R (5) Recover on L (6)

7&8 ¼ turn L Jumping LR Together (7) ¼ Turn L Jumping LR Together (&) ¼ Turn L Jumping LR

Together (8) [12:00]

Easy Option: After Rock back (56) make a pivot ½ turn L Stepping back on R (7) ¼ turn L Stepping L to L Side (8)

S3- HEEL GRIND - BALL CROSS & COLLECT - STEP FORWARD LR - CHASSE 1/2 TURN - 1/8 TURN BALL POINT

12 Touch Heel R over L (1) Grind R heel (2)

&3&4 Ball: Step R to R Side (&) Cross L Over R (3) Step R to R Side (&) Collect L Next to R on L

Diagonal (4) [10:30]

Step Forward R (5) Step Forward L (6)

7&8 1/2 turn L stepping R to R Side (7) Close L Next R (&) 1/4 turn L Stepping

&1 1/8 Turn L Stepping L To L (&) Point R to R Side (1) [03:00]

S4- CROSS SAMBA - CROSS - SLIDE - 1/4 SLIDE

2&3 Cross R Over L (2) Rock L to L side (&) Recover on R (3)

4 Cross L Over R (4)

56 Slide R to R Side Dragging L Next to R (5) 1/4 Turn L Making Slide L to L and Dragging R

Next to L (6) [12:00]

to L and Dragging R Next to L (6) [06:00]

S5- SWIVELS WITH ARMS - KICK BALL POINT - CROSS SIDE BACK

12 Stomp R To R Side opening both arms at right angles (90°) at shoulders height and pivot the

forearms downwards (1) Swivels: toes out heels in – make pivot the forearms upwards (2)

3&4 swivels: toes in heels out – make pivot the forearms downwards (3) Swivels: toes out Heels

in – make pivot forearms upwards (&) swivels: toes in heels out – make pivot forearms

downwards (4)

5&6 kick Forward on L (5) Cross L Over R (&) Point R to R Side (6)
7&8 Cross R Over L (7) Step L To L (&) Big Step Back on R (8)

NOTE: move to the right during swivels

S6- SWIVELS WITH ARMS - KICK BALL POINT - CROSS SIDE BACK

12 Stomp L To L Side opening both arms at right angles (90°) at shoulders height and pivot the

forearms downwards (1) Swivels: toes out heels in – make pivot the forearms upwards (2)

3&4 swivels: toes in heels out – make pivot the forearms downwards (3) Swivels: toes out Heels

in – make pivot forearms upwards (&) swivels: toes in heels out – make pivot forearms

downwards (4)

5&6 kick Forward on R (5) Cross R Over L (&) Point L to L Side (6)
7&8 Cross L Over R (7) Step R To R (&) Big Step Back on L (8)

NOTE: move to the left during swivels

S7- ROCK BACK- ½ TURN RECOVER - BALL STEP- TWIST STEP- BALL CROSS- ¼ TURN - MAMBO PUSH

12 Rock Back on R (1) Recover on L making ½ Turn R (2)

&3&4 Ball: Close R Next to L (&) Step Back on L (3) Twist Heels to R (&) Comeback Center

(Weight on L) (4)

&56 Ball: Close R Next to L (&) Cross L Over R (5) 1/4 Turn R Stepping Forward on R (6) [03:00]

7&8 Rock Mambo Forward on L (7) Recover on L (&) Close L Next To R pushing back (8)

S8- STEP ½ TURN - ¼ CHASS- BALL SIDE ROCK - BALL STEP TWIST STEP

12 Step Forward on R (1) ½ turn L Stepping Forward on L (2) [09:00]

3&4 1/8 Turn L stepping R to R Side (3) Close L Next to R (&) 1/8 Turn L Stepping R To R Side

(4) [06:00]

&56 Ball: Close L Next to R (&) Side rock R To R Side (5) Recover on L (6)

&7&8 Ball: Close R Next to L (&) Step L to L Side (7) Twist Heel on L (&) Comeback Center (weight

on L) (8)

Keep smiling!

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