

Oh Cecilia

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Vikki Morris (UK) - October 2014
音乐: Oh Cecilia (Breaking My Heart) - The Vamps



Start: 16 counts just before vocals (approx. 10 seconds)

S1: Right Toe & Left Toe & Right Cross Shuffle & Right Heel & Left Cross & Left Heel & Right Step

1&2& Touch Right toe across Left, Step Right to Right side, Touch Left toe across Right, Step Left to Left side
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
&5&6 Step Left slightly Left & back, Dig Right heel to Right diagonal, Step back Right, Cross Left over Right
&7&8 Step Right slightly Right & back, Dig Left heel to Left diagonal, Step Left next to Right, Step Right forward

S2: Left Mambo Step, Right Coaster Step, Step ½ Pivot Right, Left Lock Step

1&2 Rock forward Left, Recover on Right, Step back Left
3&4 Step back on Right, Step Left next to Right, Step forward Right
5 6 Step forward Left, Pivot ½ turn Right (6 o'clock)
7&8 Slightly to Left diagonal step forward Left, Lock Right behind Left, Step forward Left

S3: & Left Rock Recover, Left Behind & Right Cross, Right Side Rock, Extended Right Cross Shuffle

&1 2 Lock Right behind Left, Rock forward Left, Recover on Right
3&4 Cross Left behind Right, Step Right to Right side, Cross Left over Right
5 6 Rock Right to Right side, Recover on Left
7&8&1 Cross Right over Left, Step Left to Left side, Cross Right over Left, Step Left to Left side, Cross Right over left

S4: Step Left, Right Sailor, Modified Left Sailor ¼ Left, Step ½ Pivot Left

2 Step Left to Left side
3&4 Cross Right behind Left, Step Left to left side, Step Right to Right side
5&6 Cross Left behind Right, Turn ¼ turn Left stepping Right to Right side, Step forward Left (3 o'clock)
7 8 Step forward Right, Pivot ½ turn Left (9 o'clock)

S5: Right Heel & Left Heel & Right Mambo Step, Shimmy Back Left Toe Strut, Shimmy Back Right Toe Strut

1&2& Dig Right heel forward, Step Right next to Left, Dig Left heel forward, Step Left next to Right
3&4 Rock forward Right, Recover on Left, Step back on Left
5&6& Shimmy shoulders as you step back on Left toe(5&6), slap heel down(&) (or hip bumps if you don't like shimmies)
7&8& Shimmy shoulders as you step back on Right toe(7&8), slap heel down(&)(or hip bumps if you don't like shimmies)

S6: Left Coaster Step, Right Lock Step, ¼ Turn Right Point Left, Cross Left, Right Kick Ball Point Left

1&2 Step back on Left, Step Right next to Left, Step forward Left
3&4 Step forward Right, Lock Left behind Right, Step forward Right
5 6 Turn ¼ turn Right as you Point Left to Left side, Cross Left over Right (12 o'clock)
7&8 Kick Right forward, Step Right next to Left, Point Left to Left side

Restarts: **STEP LEFT NEXT TO RIGHT ON THE & COUNT TO RESTART ON WALLS 2 & 4**

S7: Left Cross Right Side Rock, Right Cross Left Side Rock, Extended Left Cross Shuffle, Right Step

1&2 Cross Left over Right, Rock Right to Right side, Recover on Left

3&4 Cross Right over Left, Rock Left to Left side, Recover on Right
5&6&7 Cross Left over Right, Step Right to Right side, Cross Left over Right, Step Right to Right side, Cross Left over Right
(optional shoulder shimmies with the extended cross shuffle)
8 Step Right to Right side

S8: Left Sailor, Modified Right Sailor ¼ Right, Step ½ Pivot Right, Left Lock step

1&2 Cross Left behind Right, Step Right to Right side, Step Left to Left side
3&4 Cross Right behind Left, ¼ turn Right stepping Left to Left side, Step Right forward (3 o'clock)
5 6 Step forward Left, Pivot ½ turn Right (9 o'clock)
7&8 Step forward Left, Lock Right behind Left, Step forward Left

Contact - Email: gypsyncowgirl@blueyonder.co.uk
