

Oooh La La La

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Low Intermediate
编舞者: Trine Haukø Lund (NOR) - December 2016
音乐: Whole Lotta Nothin' - Rachele Lynae



#8 counts intro - Sequence of dance: A-B-A(28)-B-Tag-A-A(28)-B-A(16)-B-A(28)-B-B-B

Part A: 32 counts

A1: Mambo R, mambo L, mambo RF forward, shuffle LF backwards

1&2 Rock RF to R, recover on LF, step RF next to LF
3&4 Rock LF to L, recover on RF, step LF next to RF
5&6 Rock RF forward, recover on LF, step RF next to LF
7&8 Step LF backwards, step RF next to LF, step LF backwards

A2: Rock, recover, step 1/2 turn, shuffle 3/4 turn, rock L, recover

1-2 Rock RF backwards, recover on LF
3-4 Step RF forward, 1/2 turn L (6.00)
5&6 1/4 turn L (3.00), step RF to R, 1/4 turn L (12.00), cross LF over RF, step RF backwards
7-8 1/4 turn L (9.00), rock LF to L, recover on RF

A3: Cross samba X 2, 3 walks (with shimmy) L R L full round R, touch

1&2 Cross LF over RF, rock RF to R, recover on LF
3&4 Cross RF over LF, rock LF to L, recover on RF
5-6 1/4 turn walk L (12.00), 1/2 turn walk R (6.00)
7-8 1/4 turn walk L (9.00), touch RF next to LF

A4: Mambo RF forward, mambo LF backwards, paddle full turn L, touch

1&2 Rock RF forward, recover on LF, step RF next to LF
3&4 Rock LF backwards, recover on RF, step LF next to RF
5-6 1/4 turn L touch R toe to R (6.00), 1/4 L turn touch R to R (3.00)
7-8 1/4 turn L touch R toe to R (12.00), 1/4 turn L touch R toe next to LF (9.00)

Part B: 16 counts

B1: Full turn R, full turn L

1&2 1/4 turn R step RF forward (12.00), close LF behind RF, 1/4 turn R step RF forward (3.00)
&3&4 Close LF behind RF, 1/4 turn R step RF forward (6.00), close LF behind RF, 1/4 turn R step RF forward (9.00)
5&6 1/4 turn L step LF forward (6.00), close RF behind LF, 1/4 turn L step LF forward (3.00)
&7&8 Close RF behind LF, 1/4 turn L step LF forward (12.00), close RF behind LF, 1/4 turn L step LF forward (9.00)

B2: Samba R, samba L, paddle full turn L, touch

1&2 Step RF to R, cross LF behind RF, cross RF over LF
3&4 Step LF to L, cross RF behind LF, cross LF over RF
5-6 1/4 turn L touch R toe to R (6.00), 1/4 turn L touch R toe R (3.00)
7-8 1/4 turn L touch R toe to R (12.00), 1/4 turn L touch R toe next to LF (9.00)

Tag: 4 counts - Mambo R, mambo L

1&2 Rock RF to R, recover on LF, step RF next to LF
3&4 Rock LF to L, recover on RF, step LF next to RF

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