

Oh My

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Valentine Duret (FR) & Caro - November 2017
音乐: Oh My - Boo Seeka



Start with Right foot – 8 counts

Section 1: Side rock – Behind - ¼ turn L - Forward- Rock – Back Back – ½ turn Forward

1 - 2 Rock R to R – Recover L

Arms mvt: Sway R arm to R. Bend L elbow up and sway R arm back under L

3 & 4 Cross R behind L – Step L to L with ¼ turn L – Step forward on R

Arms mvt: Roll your arms inward and keep R down

5 - 6 Rock forward on L – Recover on R

Arms mvt: Reach out L forward - Pull it back closed fist

7 & 8 Step back on L – Step back on R – ½ turn L step forward on L

Arms mvt: Keep closed fists and roll arms back (like a locomotive) as walking back on steps 7&8

Section 2: Side – Behind – ¼ turn R – Side – Behind Side Forward – Press – Back - Coaster step

1 & 2 Step R to R – Cross L behind R – ¼ turn R step forward

&3&4 Step L to L – Cross R behind – Step L to L – Step forward on R

5 – 6 Press forward on L – Recover on R

Arms mvt: As you press forward, reach out L arm forward and keep it extended until step 7

7&8& Step back on L – Step back on R – Step L together – Step forward on R

Section 3: Side Together Side – Jazz box ¼ turn R (repeat)

1 & 2 Step L to L (small step) – Step R next to L – Step L to L (large step)

Arms mvt: Push both arms to both sides

3 & 4 Cross R over L – Step back on L with ¼ turn R – Step R to R

Arms mvt: Cross R arm then L arm over the chest

5&6 – 7&8 Repeat step 1&2 – 3&4

Section 4: Step Lock Step – Step Lock – Side Rock ¼ turn R – Step Back R/L – Coster step - Step forward

1&2&3 Step forward L – Lock R behind – Step forward L – Step forward R – Lock L behind

Arms mvt: Keep both arms across the chest

&4 Rock R to R – Recover on L with ¼ turn R

Arms mvt: Uncross arms

5 - 6 Large step back on R – Large step back on L

Arms mvt: Reach out L arm forward then R

7&8& Step back on R – Step L together – Step forward on R – Step forward on L

End of dance and enjoy !!!

Note: Special thanks to Caroline for working on this dance with me.

Please, don't be put off with the arms movement, they come easily with the steps.

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