

Ob-La-Di Ob-La-Da Life Goes On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Val Saari (CAN) - March 2018
音乐: Ob-La-Di, Ob-La-Da - The Beatles : (iTunes)



S1: 2 SIDE TOUCHES (R,L), LINDY RIGHT

1-2 Step RF to right, Touch LF beside Right
3-4 Step LF to left, Touch RF beside LF
5&6 Shuffle right, RLR
7-8 Rock back on LF, Recover on RF

S2: 2 SIDE TOUCHES (L,R), LINDY LEFT

1-2 Step LF to left, Touch RF beside LF
3-4 Step RF to right, Touch LF beside Right
5&6 Shuffle left, LRL
7-8 Rock back on RF, Recover on LF

S3: TOE/HEEL FORWARD X 2, TOE/HEEL BACK X 2

1-2 Step RF forward on toe, Step down on heel
3-4 Step LF forward, Step down on heel
5-8 Step RF back on toe, Step down on heel
7-8 Step LF back beside R, Step down on heel

S4: SHUFFLE FORWARD X 2, STEP PIVOT 1/4 LEFT

1&2 Shuffle forward RLR
3&4 Shuffle forward LRL
5-6 Step RF forward
7-8 Pivot 1/4 turn left (weight on Left)

REPEAT
