

Oh My My My

拍数: 68 墙数: 4 级数: Phrased High Improver
编舞者: Runa (DK) - January 2021
音乐: Paradise (feat. Dermot Kennedy) - Meduza



Intro: 16 c - Sequence: AAB CAA AAC BAA

Part A : 32 counts

A1. Cross-rock, recover, chassè ¼ turn R, fwd rock, recover, shuffle back

1-2 Cross-rock R over L, recover on L
3&4 Step R to R side, step L beside R, step R to R side ¼ turn R
5-6 Rock fwd on L, recover on R
7&8 Step back on L, step R beside L, step back on L

A2. Back-rock, recover, heel-grind ¼ turn R, back, back-rock, recover, kick ball change

1-2 Step back on R, recover on L
3-4 Step fwd on heel and as you grind turn ¼ R, step back on L
5-6 Rock back on R, recover on L
7&8 Kick R fwd, step (beside L) onto ball of RF, change weight onto LF

A3. Side, touch, chassè, syncopated weave with heel

1-2 Step R to R side, touch L beside R
3&4 Step L to L side, step R beside L, step L to L side
5-6 Cross R over L, step L to L side
7&8& Step R behind L, step L to L side, touch R heel diag fwd, step R beside L

A4. Cross, side, behind, ¼, step turn, kick ball point

1-2 Cross L over R, step R to R side
3-4 Step L behind R, step R to R side ¼ turn R
5-6 Step L fwd, ½ turn R taking weight on R
7&8 Kick L fwd, step (beside R) onto ball of LF, point R to R side

Part B : 4 counts

B5. Rocking-chair

1-2 Rock fwd on R, recover on L
3-4 Rock back on R, recover on L

Part C : 32 counts

C6. Step and slide to R, rock behind, recover, step and slide to L, rock behind, recover

1-2 Big step to R, drag LF towards RF
3-4 Rock L behind R, recover on R
5-6 Big step to L, drag RF towards LF
7-8 Rock R behind L, recover on L

C7. Monterey ½ turn R, jazz-box, cross

1-2 Point R to R side, make ½ turn R on LF stepping R beside L
3-4 Point L to L side, step L beside R
5-6 Cross R over L, step L back
7-8 Step R to R side, cross L over R

C8. Step and slide to R, rock behind, recover, step and slide to L, rock behind, recover

1-2 Big step to R, drag LF towards RF

- 3-4 Rock L behind R, recover on R
- 5-6 Big step to L, drag RF towards LF
- 7-8 Rock R behind L, recover on L

C9. Monterey ½ turn R, V-step

- 1-2 Point R to R side, make ½ turn R on LF stepping R beside L
- 3-4 Point L to L side, step L beside R
- 5-6 Step R diag fwd on heel, step L diag fwd on heel
- 7-8 Step R back in centre, step L back in centre

Last Update - 28 Jan. 2021
