

拍数: 64 墙数: 2 级数: Phrased Improver
 编舞者: Jeff French (USA) - January 2022
 音乐: Oh My God - Adele



*****2 patterns (A&B) with 1 restart, 1 tag
 (Patterns B is a 16 count patterns that repeats)**

**A: (32 counts) Weight on L leg.
 (Boogie Steps)**

- 1& step forward on diagonal to R leg, draw left in and touch
- 2& step forward on diagonal to L leg, draw right in and touch
- 3& step forward on diagonal to R leg, draw left in and touch
- 4 step forward on diagonal to L leg (no touch)
- 5&6 L sailor step (R behind, replace wt to L, step to side with R)
- 7&8 L coaster step (back L, R together, Fwd on L)

- 9&10 Side step R with ¼ turn to the left, knee pop on R
- 11&12 ½ turn to R, knee pop L
- 13&14 Fwd step R - L
- 15-16 2 count Paddle turn ¼ to the left

- 17&18 R Kick & Point (kick R fwd, point L to side)
- 19&20 L Kick & Point (kick L fwd, point R to side)
- 21&22 ¼ pivot turn to L (R foot fwd, pivot L)
- 23&24 ¼ pivot turn to L (R foot fwd, pivot L)

- 25-28 2 R kick-ball-changes
- 29&30 Diagonal step forward onto R
- 31&32 Diagonal step forward onto L

B: (32 counts - 2 repeating 16 count pattern)

- 1&2& R step-lock-step, scuff L
- 3&4& L step-lock-step, scuff R
- 5&6 R Mambo step forward (R-L-R)
- 7&8 L Mambo step back (L-R-L)

- 9&10 R side-rock-cross (R-L- cross R)
- 11&12 L Sweep/Ronde (back to front with cross over R)
- 13&14 R side-rock-cross (R-L- cross R)
- 15&16 L Sweep/Ronde with ¼ turn finish

(Repeat pattern B for remainder of 32 count phrase)

TAG: After 4th wall, 4 count tag - R side-rock-recover (1&2), L side-rock-recover (3&4)

Pattern sequence: A A-restart (1st 16 counts of A) B A Tag (4 count) A B A B A B

Last Update - 6 Mar 2022