

Oh La La

拍数: 48 墙数: 2 级数: Phrased Improver
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音乐: Oh La La - Lidia Buble & Fly Project



Intro : 16 counts

Sequence : A-B-B - A-B-B - A - Tag - B-B - B-B

PART A

[1 - 8] Side, Behind, Shuffle R, Cross Rock, Recover, Shuffle L

1 2 Step R to R side, Step L behind R
3 & 4 Step R to R side, Step L beside R, Step R to R side
5 6 Cross Rock L over R, recover weight back onto R
7 & 8 Step L to L side, Step R beside L, Step L to L side

[9 - 16] Diamond 1/4 with hitch, Samba Whisk R L

1 & 2 & Cross R over L, Step L to L side, Turn 1/8 Right step R back, L Hitch
3 & 4 Step L back, turn 1/8 right Step Left forward
5 e 6 Step R to R side, Cross L Behind , Cross R over L
7 e 8 Step L to L side, Cross R Behind, Cross L over R

[17 - 24] Heel Grind, Coaster Step, Botafogo L R

1 2 Step forward on Right heel as you grind it to right, turn 1/4 R Step L back
3 & 4 Step R Back, Step L beside R, Step R forward
5 & 6 Cross L over R, Step R to R side, Recover weight onto L
7 & 8 Cross R over L, Step L to L side, Recover weight onto R

[25 - 32] Cross shuffle L R, Mambo L, Body Roll

1 & 2 Cross L over R, Step R to R side, Cross L over R
3 & 4 Cross R over L, Step L to L side, Cross R over L
5 & 6 Rock L to L side, Recover weight onto R, Step L beside R
7 & 8 Body Roll starting from upwards to bottoms, weight onto L

PART B

[1 - 8] Turn 1/4 with 3x touch, Sailor 1/4 R, Turn 1/4 with 3x touch, Sailor 1/4 L

1&2 1/4 turn R with 3x touching R to R side (3:00)
3 & 4 Turn 1/4 R Step RF behind LF, Step LF to L side, Step RF to R side (12:00)
5&6 1/4 turn L with 3x touching LF to L side (3:00)
7 & 8 Turn 1/4 L Step LF behind RF, Step RF to R side, Step LF to L side

[9 - 16] Out, out, Jump, Shoulder up down, Forward, 1/2 Turn, Together, Mambo Forward with Body Roll

1 & 2 Step R to R side, Step L to L side, Jump put R&L close together
3 & 4 Turn body diagonal and make your shoulder up and down
5 & 6 Step R forward, Turn 1/2 L, Step R beside L
7 8 Rock Forward LF, Recover onto RF, Close LF to RF with Body Roll Starting from upwards to bottoms, Weight onto L with R touch

Tag

1 2 Hip roll