

M&M Ob-La-Di, Ob-La-Da (Chair Dance)

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Phrased Chair dance
编舞者: V. Allen L. Isidro (USA) - August 2024
音乐: Ob-La-Di, Ob-La-Da - The Beatles



Note: Music & Motion series 2024-2025 season

Inspired by dance steps learned from Rebecca Lee & Guyton Mundy at WCLD.
(1-wall phrased) AAB AAB AAB AAB end tag

Set A Stomp, heel, toe, touch, side, touch, side, touch

1-2-3-4 Stomp R – L heel in – L toe in – together touch L
5-6-7-8 Side L – touch R – side R – touch L
1-2-3-4 Stomp L– R heel in - R toe in – together touch R
5-6-7-8 Side R – touch L – side L – touch R

Repeat

Set B Alternating right & left hands with in-out-in-out motion ala “snake” movement

1-8 R palm smoothly going in-moving out (2x)
1-8 Reverse direction R palm smoothly moving in-going out (2x)
1-8 L palm smoothly going in-moving out (2x)
1-8 Reverse direction L palm smoothly moving in-going out (2x)

Tag Stomp R, stomp L both hands sway open in front

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