

Ob-La-Di

拍数: 0 墙数: 1 级数: Improver
编舞者: Caz Mawby (UK)
音乐: Ob-La-Di Ob-La-Da - Marmalade



Sequence: AB, AB, AA, BAA, B, A to end

SECTION A

STEP SLIDE STEP TOUCH CLAP, STEP SLIDE STEP TOUCH CLAP (SUPREMES STYLE)

- 1-4 Step right diagonally forward, slide left up to right, step right diagonally forward, touch left next to right, clap
5-8 Step left diagonally forward, slide right up to left, step left diagonally forward, touch right next to left, clap

JUMP FORWARD CLAP, JUMP BACK CLAP, CHASSE RIGHT, BACK ROCK

- 1-2 Jump forward right, left, clap
3-4 Jump back right, left, clap
5&6 Step right to side, close left up to right, step right to side
7-8 Rock back onto left, recover weight forward onto right

CHASSE LEFT, BACK ROCK, MONTEREY TURN

- 1&2 Step left to side, close right up to left, step left to side
3-4 Rock back onto right, recover weight forward onto left
5-8 Touch right toe out to side, ½ turn, touch left out to side, place left next to right

MONTEREY TURN, FORWARD ROCK, BACK ROCK

- 1-4 Touch right toe out to side, ½ turn, touch left toe out to side, place left next to right
5-6 Rock forward onto right, recover weight back onto left
7-8 Rock back onto right, recover weight forward onto left

SECTION B

This section is where the vocals sing ob-la-di-ob-la-da

RIGHT SIDE STRUT, ½ HINGE TURN, LEFT SIDE STRUT, ½ HINGE TURN, RIGHT SIDE STRUT, FORWARD ROCK(OPTIONAL ARM MOVEMENTS)

- 1-2 Touch right toe to side. Place heel taking weight
& ½ hinge turn over right shoulder
3-4 Touch left toe out to side, place heel taking weight
& ½ hinge turn over right shoulder
5-6 Touch right toe out to side, place heel taking weight
7-8 Rock forward onto left(pushing hands forward straightening arms)recover weight back on right

BACK ROCK, STEP PIVOT ½TURN, FORWARD ROCK, COASTER STEP

- 1-2 Rock back onto left, recover weight forward onto right
3-4 Step forward onto left, pivot ½turn right
5-6 Rock forward onto left, recover weight back onto right
7&8 Step back onto left, step right together next to left, step forward onto left

- 17-32 Repeat counts 1-16