

# Ohla

拍数: 32      墙数: 4      级数: Improver  
编舞者: Jo Everhart (USA)  
音乐: Ooh La La - Valeria



## SWEEP, STEP, SWEEP, STEP

- 1-2      Sweep right foot around to the left starting at home position-moving out to right side then around front and back to the home position, step on right at home position
- 3-4      Sweep left foot around to the right starting at home position-moving out to left side then around front and back to the home position, step on left at home position.
- 5-6      Sweep right foot around to the left starting at home position-moving out to right side then around front and back to the home position, step on right at home position
- 7-8      Sweep left foot around to the right starting at home position-moving out to left side then around front and back to the home position, step on left at home position.

## STEP, STEP, SAILOR STEP

- 9-10      Step slightly forward on a diagonal toward right corner on right foot, step to left on left foot
- 11&12      Step right foot behind left foot, step to left on left foot, step to right on right foot

## SYNCOPATED: CROSS BEHIND-STEP-CROSS BEHIND-STEP, STEP, HOLD

- 13&14&      Step left foot behind right foot, step to right on right foot, step left foot behind right foot, step right foot to right
- 15-16      Step left foot to left, hold one count

## FORWARD MAMBO STEP, TOE TOUCH, TURN

- 17&18      Rock forward on right foot, recover weight to left foot, step right foot next to left foot
- 19-20      Touch left toe slightly back, turn  $\frac{1}{2}$  wall over left shoulder shifting weight to left foot

## TOE TOUCH, HIP BUMP, HIP BUMP, STEP

- 21-22      Touch right toe forward, shift weight to right foot as you bump right hip forward
- 23-24      Step back on left foot as you bump left hip back, step right foot back next to left foot

## MAMBO STEP, TOE TOUCH, TURN

- 25&26      Rock to left on left foot, step to right on right foot, step left foot next to right foot
- 27-28      Touch right toe slightly back, turn  $\frac{1}{4}$  wall to right (keep weight on left foot)

## ROCK STEP, ROCK STEP, TOUCH, HOLD

- 29&30&      Rock forward on right foot, recover weight to left foot, rock to side on right foot, recover weight to left foot
- 31-32      Touch right toe at home position, hold for one count

## REPEAT

---