

Oh La La La

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Oh La La La - David Tavares : (CD: CDS - 3:38)



Intro: 64 Counts Intro (approx 30 seconds) Start on verse

Cross. Back. Side. Hold. Close. Side. Close. Side. Cross. Recover

- 1 – 2□ Cross right over left, step back on left
- 3 – 4□ Step right to side, hold
- & 5□ Close left to right, step right to side
- & 6□ Close left to right, step right to side
- 7 – 8□ Cross left over right, recover back onto right

Chasse 1/4L. Step. Pivot 1/4L. Cross. Hold. Side. Cross. Side. Cross

- 1 & 2□ Step left to left, close right to left, turn 1/4 (9:00) to left stepping forward on left
- 3 – 4□ Step forward on right, pivot 1/4L (6:00) transferring weight to left
- 5 – 6□ Cross right over left, hold
- & 7□ Left to left, cross right over left
- & 8□ Left to left, cross right over left

Side. Recover. Syncopated Weave. Side. Recover. Syncopated Weave

- 1 – 2□ Rock left out to left, recover onto to right
- 3 & 4□ Cross left behind right, right to right, cross left over right
- 5 – 6□ Rock right to right, recover onto left
- 7 & 8□ Cross right behind left, left to left, cross right over left

Step. Hold. Pivot 1/2R. Hold. Pivot 1/2R. Shuffle

- 1 – 2□ Step forward on left, hold
- 3 – 4□ Pivot 1/2R (12:00) transferring weight to right, hold
- 5 – 6□ Step forward on left, pivot 1/2R (6:00) transferring weight to right
- 7 & 8□ Shuffle fwd – left, right, left

Rock. Recover. Shuffle 1/2R. 1/4R Chasse. Touch. Turn 1/4R

- 1 – 2□ Rock forward right, recover back onto left
- 3 & 4□ Shuffle 1/2R – right, left, right (12:00)
- 5 & 6□ 1/4R (3:00) step left to left, close right to left, step left to left
- 7 – 8□ Touch right back, 1/4R (6:00) transferring weight to right

Cross. Back. Step. Side. Cross. Hip Bumps. Touch. Side

- 1 – 2□ Cross left over right, step back on right
- 3 – 4□ Step left to side, cross right over left
- 5 & 6□ Bump hips – left, right, left
- 7 – 8□ Touch right over left, step right to right

Twist 1/4. Twist 1/2. Rock-Recover. Turn 1/2R. Turn 1/4R. Cross. Point

- 1 – 2□ Twist heels 1/4R (body facing 9:00), Twist heels 1/2L (body facing 3:00) transferring weight to right
- 3 – 4□ Rock back left, recover forward onto right
- 5 – 6□ 1/2R (9:00) Step back on left, 1/4R (12:00) step right to right
- 7 – 8□ Cross left over right, point right to side

R Kick-Ball-Point. L Kick-Ball-Point. Cross. Un-wind 1/2L. Hip Bump. Recover

- 1 & 2 Kick right, step right beside left, point left to side
 - 3 & 4 Kick left, step left beside right, point right to side
 - 5 – 6 Cross right over left, unwind 1/2L (6:00) transferring weight to left
 - 7 – 8 Bump / push right hip to side (transferring weight to right), recover weight to left
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