

Obladi Oblada

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Yeo Yu Puay (MY) - July 2011
音乐: Ob-La-Di, Ob-La-Da - The Beatles : (Album: White Album)



Intro: 16 beats from when all the instruments come in (starting on vocals)

[1-8] Side Point (R & L), Right Vine with touch and clap

- 1-2 Step R to right (1), Point L toe in front of R (2)
- 3-4 Step L to left (3), Point R toe in front of L (4)
- 5-6 Step R to right (5), Step L behind R (6)
- 7-8 Step R to right (7), Touch L beside R and clap (8)

[9-16] Side Point (L & R), Left Vine with touch and clap

- 1-2 Step L to left (1), Point R toe in front L (2)
- 3-4 Step R to right (3), Point L toe in front of R(4)
- 5-6 Step L to left (5), Step R behind L (6)
- 7-8 Step L to left (7), Touch R beside L and clap (8)

[17-24] Diagonal Lock Steps, Scuff (R & L)

- 1-2 Step R diagonally forward to right (1), lock L behind R (2) (1.30)
- 3-4 Step R diagonally forward to right (3), Scuff L beside R, turning to face 10.30 (4) (10.30)
- 5-6 Step L diagonally forward to left (5), lock R behind L (6)
- 6-8 Step L diagonally forward to left (7), Scuff R beside L, squaring up to 12.00 (8) (12.00)

[25-32] Double hip bumps (R & L), Swivel (travelling to the right) with ¼ turn

- 1-2 Stepping R to right, bump hips to right twice (1,2)
- 3-4 Bump hips to left twice (3,4)
- 5-6 Swivel both heels to right (5), Swivel both toes to right (6)
- 7-8 Swivel both heels to right (7), Swivel both toes to right turning ¼ right with weight ending on L (8) (3.00)

Start again

Ending On wall 11 (you'll be facing the back wall), do the first 7 beats of the dance and on count 8 turn your upper body left to face front, striking a pose

Have fun!!!

Contact Yu Puay at: yeoy95@gmail.com