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

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| **拍數:** | 0 | **牆數:** | 1 | **級數:** | Phrased Chair dance | . |
| **編舞者:** | V. Allen L. Isidro (USA) - August 2024 | | | | |
| **音樂:** | Ob-La-Di, Ob-La-Da - The Beatles | | | | |
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**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**

**V. ALLEN L. ISIDRO**

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