

Oh, No!

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Metzger (USA) - March 2015
音樂: Oh No! - Marina and The Diamonds



[1-8] Side Step, Slide Together, Cross Rock Behind, Recover, ¼ Turn and Step Back, Syncopated ½ Turn, ¼ Turn Scissor Step

1, 2 Large step R to right, Slide L together (keeping weight on R)
3&4 Cross rock L behind R, Recover to R, Turn ¼ right and step L back (3:00)
5&6 Turn ¼ right and step R to side (6:00), Step L together, Turn ¼ right and step R forward (9:00)
7&8 Step L forward, Pivot ¼ right and shift weight to R (12:00), Cross L over R

[9-16] Hip Bump, Hip Bump, Kick Ball Cross, Kick Ball Change, ½ Pivot

1&2& Point R to side and bump hips to right, Bump hips back, Bend knees slightly to lower your body and bump hips right, Bump hips back and lift R
3&4 Kick R on right diagonal, Step ball of R together, Cross L over R
5&6 Kick R on right diagonal, Step ball of R together, Step L forward
7, 8 Step R forward, Pivot ½ left and shift weight to L (6:00)

[17-24] ¼ Turn and Point, ¼ Turn and Step Down, ½ Turn and Point, Step Down, Touch Forward, Touch Back, Kick Ball Cross

1, 2 Turn ¼ left and point R to side (3:00), Turn ¼ left and take weight on R (12:00)
3, 4 Turn ½ left and point L forward (6:00), Take weight on L
5, 6 Touch R forward, Touch R back
7&8 Kick R forward, Step ball of R together, Cross L over R

[25-32] Point Side, Point Forward, Point Side, Cross Behind, Point Side, ¼ Turn and Step Side, Step Together, Cross Behind, Step Side, Cross

1, 2 Point R to right, Point R forward
3&4 Point R to right, Cross R behind L, Point L to side
5, 6 Turn ¼ right and step L to side (9:00), Step R together
7&8 Cross L behind R, Step R to side, Cross L over R

Tag: At the end of wall 8 - Sway side to side four times

1, 2 Rock onto R and sway hips to right, Rock onto L and sway hips to left
3, 4 Rock onto R and sway hips to right, Rock onto L and sway hips to left

Contact: metzgersf@yahoo.com