

Mi Oh My

拍數: 64 牆數: 2 級數: High Improver
編舞者: Adam Åstmar (SWE) - May 2016
音樂: Wonderful Life (Mi Oh My) - Matoma



Intro: 64 counts

Sect – 1: ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, OUT, OUT, BACK

1 – 2 Rock R forward, recover to L
3 & 4 Step R back, step L next to R, step R forward
5 – 6 Rock L forward, recover to L
& 7 – 8 Ball step L to the left, step R to the right, step L back

Sect – 2: 1 / 4 TURN SIDE, TOGETHER, CHASSE, POINT FORWARD, POINT SIDE, FLICK, SIDE

1 – 2 Turn 1 / 4 to the right stepping R to the right, step L next to R (3:00)
3 & 4 Step R to the right, step L next to R, step R to the right
5 – 6 Point L forward, point L to the left
7 – 8 Flick L behind R, step L to the left

Sect – 3: ROCK, RECOVER, SHUFFLE 1 / 2 TURN, STEP 1 / 4 TURN, CROSS SHUFFLE

1 – 2 Rock R forward, recover to L
3 & 4 Shuffle 1 / 2 to the right stepping R, L, R (9:00)
5 – 6 Step L forward, turn 1 / 4 to the right transferring weight to R (12:00)
7 & 8 Cross L over R, step R next to L, cross L over R

Sect – 4: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE, ROCK BACK, RECOVER, WALK 1 / 4

1 – 2 Rock R to the right, recover to L
3 & 4 & Step R behind L, step L to the left, cross R over L, step L to the left
5 – 6 Rock R back, recover to L
7 – 8 Walk 1 / 4 to the left stepping R, L (9:00)

Sect – 5: SYNCOPATED ROCK STEPS, SHUFFLE 1 / 2 TURN, FULL TURN

1 – 2 & Rock R forward, recover to L, step R next to L
3 – 4 Rock L forward, recover to R
5 & 6 Shuffle 1 / 2 to the left stepping L, R, L (3:00)
7 – 8 Turn 1 / 2 to the left stepping R back, turn 1 / 2 to the left stepping L forward (3:00)

Sect – 6: BALL, ROCK, RECOVER, COASTER STEP, JAZZ BOX WITH CROSS

& 1 – 2 Ball step R next to L, rock L forward, recover to R
3 & 4 Step L back, step R next to L, step L forward
5 – 6 Cross R over L, step L back
7 – 8 Step R to the right, cross L over R

Sect – 7: CHASSE, ROCK BEHIND, RECOVER, 1 / 4 TURN STEP, 1 / 2 TURN STEP, STEP 1 / 2 TURN

1 & 2 Step R to the right, step L next to R, step R to the right
3 – 4 Rock L slightly behind R, recover to R
5 – 6 Turn 1 / 4 to the right stepping L back, turn 1 / 2 to the right stepping R forward (12:00)
7 – 8 Step L forward, turn 1 / 2 to the right transferring weight to R (6:00)

Sect – 8: ROCK, RECOVER, COASTER STEP, WALK IN A CIRCLE WAVING HANDS

1 – 2 Rock L forward, recover to R
3 & 4 Step L back, step R next to L, step L forward

5 – 8 Walk in a full circle to the left waving hands as you step R, L, R, L (6:00)

- Restart -

It's a happy song and should be danced with joy! Happy dancing! :)

Have fun!
