

Oh No (zh)

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2019年01月
音樂: Oh no, oh no, oh no - Udo Wenders



Intro : 40 counts

Sec 1: WALK - WALK - WALK - SIDE TOUCH, CROSS TOUCH - SIDE TOUCH - 1/4 L HITCH - TOGETHER

1 - 4 Step RF fwd - Step LF fwd - Step RF fwd - Touch LF to L
5 - 8 Touch LF over RF - Touch LF to L - On ball of RF 1/4 turn L (9:00) hitch LF - Step LF beside RF
1 - 4 右足前踏 - 左足前踏 - 右足前踏 - 左足左點
5 - 8 左足前跨點 - 左足左點 - 右足向左墊轉1/4 (9:00) 左足抬起 - 左足併踏右足旁

Sec 2: BACK - BACK - BACK - TOGETHER, R SIDE MAMBO - L SIDE MAMBO

1 - 4 Step RF back - Step LF back - Step RF back - Step LF beside RF
5&6,7&8 Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF
1 - 4 右足後踏 - 左足後踏 - 右足後踏 - 左足併踏右足旁
5&6,7&8 右足右下沉 - 重心回左足 - 右足併踏左足旁, 左足左下沉 - 重心回右足 - 左足併踏右足旁

Sec 3: CROSS - SIDE - CROSS - KICK, BACK ROCK - RECOVER - SIDE ROCK - RECOVER

1 - 4 Cross RF over LF - Step LF to L, Cross RF over LF - Kick LF to L
5 - 8 Rock LF back - Recover on RF - Rock LF to L - Recover on RF
1 - 4 右足前跨 - 左足左踏 - 右足前跨 - 左足左踢
5 - 8 左足後下沉 - 重心回右足 - 左足左下沉 - 重心回右足

Sec 4: JAZZ BOX WITH BRUSH, FWD - 1/4 PIVOT L.(x2)

1 - 4 Cross LF over RF - Step RF back - Step LF to L - Brush RF fwd
5 - 8 Step RF fwd - 1/4 turn L (6:00) weight on LF - Step RF fwd - 1/4 turn L (3:00) weight on LF
1 - 4 左足前跨 - 右足後踏 - 左足左踏 - 右足前刷
5 - 8 右足前踏 - 向左踏轉1/4 (6:00)重心回左足 - 右足前踏 - 向左踏轉1/4 (3:00)重心回左足

Tags : During wall 5 (9:00) and wall 10 (6:00) after 16 counts, After wall 12 (12:00) ending

加拍 : 第五面牆 (9:00) 及第十面牆 (6:00) 跳至16拍後, 第十二面牆 (12:00) 結束後 加跳四拍

ROCKING CHAIR WITH FLICK

1 - 4 Rock RF fwd - Recover on LF - Step RF back - Recover on LF while flick RF back
1 - 4 右足前下沉 - 重心回左足 - 右足後踏 - 重心回左足同時 右足向後輕彈

Have Fun & Happy Dancing!!!

Contact : Nina Chen : nina.teach.dance@gmail.com