

Oh My God

拍數: 64 牆數: 4 級數: Phrased High Improver
編舞者: Runa (DK) - September 2020
音樂: Head & Heart (feat. MNEK) - Joel Corry : (iTunes)



Intro: 16 c - Sequence: ABA ABA ABA A

Part A : 32 counts

A1. Side Mambo x 2 (R-L) Out, Out, Shuffle Back

1&2 Step R to R side, recover on L, step R beside L
3&4 Step L to L side, recover on R, step L beside L
5-6 Step R diag. Fwd, step L diag. fwd
7&8 Step R back, step L beside R, step R back

A2. Coasterstep, Fwd Shuffle, Step Turn, Chassè ¼ turn R

1&2 Step L back, step R beside L, step L fwd
3&4 Step R fwd, step L beside R, step R fwd
5-6 Step L fwd, make ½ turn R taking weight on RF
7&8 Step L fwd making ¼ turn R, step R beside L, step L to L side

A3. Cross Mambo x 2 (R-L) Syncopated Jazzboks with cross, Point

1&2 Cross R over L, recover on L, step R beside L
3&4 Cross L over R, recover on R, step L beside R
5-6& Cross R over L, step L back, Step R to R side
7-8 Cross L over R, point R to R side

A4. Side, Together, fwd Shuffle, Side, Together, Shuffle Back ½ turn L

1-2 Step R to R side, step L beside R
3&4 Step R fwd, step L beside R, step R fwd
5-6 Step L to L side, step R beside L
7&8 Step L back making ¼ turn L, step R beside L, step L back making ¼ turn L

Part B : 32 counts

B5. Syncopated Rockingchair with touch, Side, Together, Chassè

1-2 Step R fwd, recover on L
3&4 Step R back, recover on L, touch R beside L
5-6 Step R to R side, step L beside R
7&8 Step R to R side, step L beside R, step R to R side

B6. Syncopated Rockingchair with touch, Side, Together, Chassè

1-2 Step L fwd, recover on R
3&4 Step L back, recover on R, touch L beside R
5-6 Step L to L side, step R beside L
7&8 Step L to L side, step R beside L, step L to L side

B7. Cross, Side Behind, Point x 2 (R-L)

1-2-3-4 Cross R over L, step L to L side, step R behind L, point L to L side
5-6-7-8 Cross L over R, step R to R side, step L behind R, point R to R side

B8. Back, Kick, Back, Kick, Coasterstep, fwd Shuffle

1-2 Step R back, kick L fwd
3-4 Step L back, kick R fwd
5&6 Step R back, step L beside R, step R fwd

7&8

Step L fwd, step R beside L, step L fwd

ENDING: Last Sequence A starts facing 6:00 o'clock.

Dance the first 30 counts and replace "Shuffle back ½ turn L" with "Chassè ¼ turn L" , and you will end the dance facing 12:00 o'clock
