

Ob-la-di Ob-la-dà

拍數: 64 牆數: 4 級數: Phrased Improver
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音樂: Ob-La-Di, Ob-La-Da (DJ Tambuktu Remix) - The Beatles



Sequence: A – B – A – B – A – TAG – A – B – A – TAG – A – B – B – FINAL.

PART A: 32c

(1) SHUFFLE SIDE R / ROCK L DIAGONAL FW / SHUFFLE SIDE L / ROCK R DIAGONAL FW

1&2 step right side – together – step right side
3-4 step left diagonal forward - recover
5&6 step left side – together – step left side
7-8 step right diagonal forward - recover

(2) ROCK SIDE R ½ TURN / ROCK SIDE R ½ TURN / VAUDEVILLE R

1-2 step right side – recover ½ turn
3-4 step right side – recover ½ turn
5-6 cross over left - step right side
7-8 heel left - step left

(3) VAUDEVILLE L / HEEL ¼ TURN / COASTER STEP R

1-2 cross over right - step left side
3-4 heel right - hold
5-6 ground heel – ¼ turn
7&8 step right back – step left together – step right forward

(4) ROCK L SIDE ¼ TURN / SAILOR STEP L / FULL TURN

1-2 step right side ¼ turn – recover
3&4 cross left behind - step side right - step left forward
5-6 step right forward – ½ turn
7-8 step right forward – ½ turn

PART B: 8c x4

(1) ROCKING CHAIR R (x 2) / STEP R ¼ TURN / STOMP R / STOMP L (X 4)

1&2&3&4& step right forward – recover - step right forward – recover
5-6 step right forward – ½ turn
7-8 stomp right – stomp left

TAG: JAZZ BOX R

1-2-3-4 cross over right – step left back - step right side – together

Final: ROCKING CHAIR R (x 2) / STOMP x 4

1&2&3&4& step right forward – recover - step right forward – recover
5-6-7-8 stomp r – stomp – l (x 2)