

Oh Lala

拍數: 48 牆數: 1 級數: Phrased High Beginner
編舞者: Indrawati Damanik (INA) - July 2024
音樂: Oh La La (Adrian Funk X OLIX Remix) - Lidia Buble & Fly Project



Intro 16 counts – 1 Tag (4 counts)

Sequence : AA BB C A BB CC Tag BBBB

PART A : 16 COUNTS

SEC 1 : SIDE, TOGETHER, CROSS, SIDE, SHUFFLE R – L, TURN 1/4 L

1 – 2 step RF to R, step LF beside RF
3 – 4 step RF cross over LF, step LF to L
5 & 6 step RF to R, step LF beside RF, step RF to R
7 & 8 step LF to L, step RF beside LF, turn 1/4 L step LF fwd

SEC 2 : TURN 1/4 L, SHUFFLE R – L, CROSS TOUCH, HOLD, TURN 1/2 L, HOLD

1 & 2 turn 1/4 L, step RF to R, step LF beside RF, step RF to R
3 & 4 step LF to L, step RF beside LF, step LF to L
5 – 6 cross touch RF over LF, hold
7 – 8 turn 1/2 L weigh on LF, hold

PART B : 16 COUNTS

SEC 1 : HEEL TOUCH, TOGETHER, HEEL TOUCH, TOGETHER, HEEL TOUCH, HITCH, HEEL TOUCH, TOGETHER (R - L)

1& - 2& heel touch RF fwd, step RF beside LF, heel touch LF fwd, step LF beside RF
3& - 4& heel touch RF fwd, hitch RF, heel touch RF fwd, step RF beside LF
5& - 6& heel touch LF fwd, step LF beside RF, heel touch RF fwd, step RF beside LF
7& - 8& heel touch LF fwd, hitch LF, heel touch LF fwd, step LF beside RF

SEC 2 : MAMBO R – L, PADDLE TURN 4X

1 & 2 rock RF to R, recover on LF, step RF beside LF
3 & 4 rock LF to L, recover on RF, step LF beside RF
5 & step RF fwd on ball, turn 1/4 L weight on LF
6 & Repeat
7 & Repeat
8 & Repeat

PART C : 16 COUNTS

SEC 1 : CROSS, TOUCH SIDE (R – L), CROSS BEHIND, TOUCH SIDE (R – L)

1 – 2 step RF cross over LF, touch LF to L
3 – 4 step LF cross over RF, touch RF to R
5 – 6 cross RF behind LF, touch LF to L
7 – 8 cross LF behind RF, touch RF to R

SEC 2 : JAZZ BOX 2X

1 – 2 cross RF over LF, step LF back
3 – 4 step RF to R, step LF fwd
5 – 6 cross RF over LF, step LF back
7 – 8 step RF to R, step LF fwd

TAG : 4 COUNTS

1 – 4 step RF to R while swing and raise both arms

Happy dancing...

Contact me : iindam@ymail.com
indrawatidamanik@gmail.com

Last Update: 8 Jul 2024
