

# M&M Ob-La-Di, Ob-La-Da (Chair Dance)

**COPPER** KNOB  
STEPSHEETS

拍數: 0                      牆數: 1                      級數: Phrased Chair dance  
編舞者: V. Allen L. Isidro (USA) - August 2024  
音樂: Ob-La-Di, Ob-La-Da - The Beatles



**Note: Music & Motion series 2024-2025 season**

Inspired by dance steps learned from Rebecca Lee & Guyton Mundy at WCLD.  
(1-wall phrased) AAB AAB AAB AAB end tag

## **Set A Stomp, heel, toe, touch, side, touch, side, touch**

1-2-3-4              Stomp R – L heel in – L toe in – together touch L  
5-6-7-8              Side L – touch R – side R – touch L  
1-2-3-4              Stomp L– R heel in - R toe in – together touch R  
5-6-7-8              Side R – touch L – side L – touch R

**Repeat**

## **Set B Alternating right & left hands with in-out-in-out motion ala “snake” movement**

1-8                      R palm smoothly going in-moving out (2x)  
1-8                      Reverse direction R palm smoothly moving in-going out (2x)  
1-8                      L palm smoothly going in-moving out (2x)  
1-8                      Reverse direction L palm smoothly moving in-going out (2x)

**Tag Stomp R, stomp L both hands sway open in front**

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