

# Oh My God AB

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Helaine Norman (USA) - February 2025  
音樂: OMG - Candelita  
或: Omg (Remix) - Candelita, Pitbull & Silvestre Dangond



**INTRO: 32 (Start counting when Pitbull starts to sing.)**

No tags or restarts

Note: Since the level of this dance is absolute beginner but very fast and some are at an even more absolute beginner level than others there are options for the fast syncopated mambos.

## I. SIDE MAMBOS X4

1&2      Rock R side, recover to L, step R together  
3&4      Rock L side, recover to R, step L together  
5&6      Rock R side, recover to L, step R together  
7&8      Rock L side, recover to R, step L together

Option for 1-8: **TOUCH SIDE, STEP TOGETHER X4** - 1-4: Touch R side, step R together, touch L side, step L together. 5-8: Repeat 1-4

## II. FORWARD MAMBOS X4

1&2      Rock R forward, recover to L, step R together  
3&4      Rock L forward, recover to R, step L together  
5&6      Rock R forward, recover to L, step R together  
7&8      Rock L forward, recover to R, step L together

Option for 1-8: **TOUCH FORWARD, STEP TOGETHER X4** - 1-4: Touch R forward, step R together, touch L forward, step L together. 5-8: Repeat 1-4

## III. HIP BUMPS

1&2      Bump hips sideways: R L R (weight ends on R) (Q&Q)  
3&4      Bump hips sideways: L R L (weight ends on L) (Q&Q)  
5-8      Bump hips sideways: R L R L

## IV. CROSS POINT X2; JAZZ BOX R-TURN

1-2      Step R over L, point L side  
3-4      Step L over R, point R side  
5-6      Step R over L, step L back  
7-8      Making ¼ right step r side, step L together (3:00)

**REPEAT**

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