

Ob La Di

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Pam Cohen
音樂: Ob-La-Di Ob-La-Da - Marmalade



This is an expanded version of my dance "Strictly 4/4"

KICK RIGHT TWICE, CHASSE RIGHT, BACK ROCK, CHASSE LEFT

1-2 Kick right leg to left diagonal front twice
3&4 Step right to right side, close left next to right, step right to right side
5-6 Cross rock back on left, rock forward onto right
7&8 Step left to left side, close right beside left, step left to left side

JAZZ BOX ¼ TURN RIGHT, COASTER STEP ¼ TURN RIGHT, STOMP, SCUFF

9-12 Cross right over left, step back on left, step right ¼ turn right, step left beside right
13&14 Step back right, step left beside right ¼ turn right, step forward right
15-16 Stomp left beside right, scuff right forward

ROCK FORWARD, TRIPLE ½ TURN RIGHT, STEP FORWARD LEFT, ½ TURN RIGHT, LEFT SHUFFLE FORWARD

17-18 Rock forward on right, rock back onto left
19&20 Triple step ½ turn right, stepping right, left, right
21-22 Step forward left, ½ turn right
23&24 Step forward left, close right beside left, step forward left

KICK FORWARD, KICK SIDE, SAILOR STEPS RIGHT AND LEFT, STEP RIGHT DIAGONALLY FORWARD, CLAP

25-26 Kick forward right, kick right to right side
27&28 Cross right behind left, step left to left side, step right in place
29&30 Cross left behind right, step right to right side, step left in place
31-32 Step right diagonally forward to right, slide left to right, clap

HEEL JACKS RIGHT & LEFT, STEP LEFT, BEHIND, UNWIND ½ TURN RIGHT, STEP LEFT DIAGONALLY FORWARD, CLAP

&33 Step left to left side, touch right heel to right side
&34 Step right behind left, step left across right
&35 Step right to right side, touch left heel to left side
&36 Step left behind right, step right across left
&37-38 Step left in place, step right behind left, unwind ½ turn right
39&40 Step left diagonally forward to left, slide right to left, clap twice

Optional: on heel jacks: when legs are apart open arms in a low 'v' in front, when legs are crossed, cross arms low in front

HEEL JACKS LEFT & RIGHT, STEP RIGHT, BEHIND, UNWIND ½ TURN LEFT, STEP RIGHT DIAGONALLY FORWARD, CLAP

&41-48 Repeat steps &33-40 but leading with opposite foot

Optional: on heel jacks: when legs are apart open arms in a low 'v' in front, when legs are crossed, cross arms low in front

SYNCOPATED WEAVE LEFT TWICE, ROCK

49-50 Step left to left side, cross right behind left
&51 Step left to left side, cross right in front of left

52-54 Repeat steps 49-51
55-56 Rock left to left side, rock right to right side

LEFT KICK BALL POINT, CROSS RIGHT, UNWIND ½ TURN LEFT TWICE

57&58 Kick left forward, step left beside right, point right to right side
59-60 Cross right over left, unwind ½ turn left
61-64 Repeat steps 57-60

REPEAT

To finish, repeat the first six counts then stomp left foot and stomp right foot
