

# 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

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