

# Ob-La-Di

拍數: 0      牆數: 1      級數: Improver  
編舞者: Caz Mawby (UK)  
音樂: Ob-La-Di Ob-La-Da - Marmalade



Sequence: AB, AB, AA, BAA, B, A to end

## SECTION A

### STEP SLIDE STEP TOUCH CLAP, STEP SLIDE STEP TOUCH CLAP (SUPREMES STYLE)

- 1-4            Step right diagonally forward, slide left up to right, step right diagonally forward, touch left next to right, clap  
5-8            Step left diagonally forward, slide right up to left, step left diagonally forward, touch right next to left, clap

### JUMP FORWARD CLAP, JUMP BACK CLAP, CHASSE RIGHT, BACK ROCK

- 1-2            Jump forward right, left, clap  
3-4            Jump back right, left, clap  
5&6           Step right to side, close left up to right, step right to side  
7-8            Rock back onto left, recover weight forward onto right

### CHASSE LEFT, BACK ROCK, MONTEREY TURN

- 1&2           Step left to side, close right up to left, step left to side  
3-4           Rock back onto right, recover weight forward onto left  
5-8           Touch right toe out to side, ½ turn, touch left out to side, place left next to right

### MONTEREY TURN, FORWARD ROCK, BACK ROCK

- 1-4            Touch right toe out to side, ½ turn, touch left toe out to side, place left next to right  
5-6            Rock forward onto right, recover weight back onto left  
7-8            Rock back onto right, recover weight forward onto left

## SECTION B

This section is where the vocals sing ob-la-di-ob-la-da

### RIGHT SIDE STRUT, ½ HINGE TURN, LEFT SIDE STRUT, ½ HINGE TURN, RIGHT SIDE STRUT, FORWARD ROCK(OPTIONAL ARM MOVEMENTS)

- 1-2            Touch right toe to side. Place heel taking weight  
&              ½ hinge turn over right shoulder  
3-4            Touch left toe out to side, place heel taking weight  
&              ½ hinge turn over right shoulder  
5-6            Touch right toe out to side, place heel taking weight  
7-8            Rock forward onto left(pushing hands forward straightening arms)recover weight back on right

### BACK ROCK, STEP PIVOT ½TURN, FORWARD ROCK, COASTER STEP

- 1-2            Rock back onto left, recover weight forward onto right  
3-4            Step forward onto left, pivot ½turn right  
5-6            Rock forward onto left, recover weight back onto right  
7&8           Step back onto left, step right together next to left, step forward onto left

- 17-32        Repeat counts 1-16