

Oh Lord!

拍數: 48 牆數: 0 級數:
編舞者: Philip Osmond (AUS)
音樂: Double Bogey Blues - Mickey Jones



FORWARD, ROCK BACK, CHA-CHA-CHA, BACK WITH ¼ TURN RIGHT, ROCK

1-4 Step left forward, rock back on right, triple step left-right-left
5-6 Swing back right turning ¼ turn right (facing 3 o'clock), rock forward on left

FULL TURN, FORWARD, KICK, BACK COASTER, PIVOT, PIVOT, BACK

1-2 Step forward left (facing 3 o'clock) kick forward right
3&4 Back right, back left together, forward right
5-6 Forward left, on balls of both feet-pivot ½ turn right
7-8 Pivot ½ turn left (facing 3 o'clock), back left

BACK CROSS, BACK CROSS, BACK, ¼ LEFT, BACK, SIDE, FULL TURN

&1&2&3 Slide right over and in front of left, back left, slide right over and in front of left. Back left
4-5&6 Turning ¼ left-step back right, step left to side, turning full turn left-right-left-right (facing 12 o'clock)

OUT, OUT, IN, IN, OUT, OUT, CLAP

&1&2 Left to side, right to side, left to center, right to center
&3-4 Left to side, right to side, clap

BEND, HIP SWING, STRAIGHTEN, BEND, HIP SWING, STRAIGHTEN, CLAP, CLAP

1-3 Bend both knees, swing right hip to side, straighten up
4-6 Bend both knees, swing left hip to side, straighten up, clap, clap (weight on right)

FORWARD, ¼ TWIST, HIP BUMPS, FORWARD, ¼ TWIST, HIP BUMPS, FORWARD, ¼ TWIST, HIP BUMPS

The following steps are danced progressing forward towards 12 o'clock, head kept facing towards 12 o'clock

1 Step left forward with a ¼ twist right on ball of left foot (body facing 3 o'clock)
&2 Double left hip bumps towards 12 o'clock
3 Step right forward (towards 12 o'clock) with a ¼ twist left, (body facing 9 o'clock)
&4 Double right hip bumps towards 12 o'clock
5 Step left forward (towards 12 o'clock) with a ¼ twist right (body facing 3 o'clock)
&6 Double left hip bumps towards 12 o'clock

BOX STEP WITH ½ TURN RIGHT, FORWARD, TOUCH

1-4 Step right forward (towards 12 o'clock) across in front of left, back left, turning ½ turn right-forward right, touch left together (facing 6 o'clock)

SIDE, HIP BUMPS, ½ TURN, HIP BUMPS, ½ TURN, HIP BUMPS, BACK COASTER

1&2 Step left to side with double hip bumps left
3&4 Turning ½ turn left-step right to side with double hip bumps right (facing 12 o'clock)
5&6 Turning ½ turn right - step left to side with double hip bumps left (facing 6 o'clock)
7&8 Back right, back left together, forward right

REPEAT