

Ohla

拍數: 32 牆數: 4 級數: Improver
編舞者: Jo Everhart (USA)
音樂: Ooh La La - Valeria



SWEEP, STEP, SWEEP, STEP

- 1-2 Sweep right foot around to the left starting at home position-moving out to right side then around front and back to the home position, step on right at home position
- 3-4 Sweep left foot around to the right starting at home position-moving out to left side then around front and back to the home position, step on left at home position.
- 5-6 Sweep right foot around to the left starting at home position-moving out to right side then around front and back to the home position, step on right at home position
- 7-8 Sweep left foot around to the right starting at home position-moving out to left side then around front and back to the home position, step on left at home position.

STEP, STEP, SAILOR STEP

- 9-10 Step slightly forward on a diagonal toward right corner on right foot, step to left on left foot
- 11&12 Step right foot behind left foot, step to left on left foot, step to right on right foot

SYNCOPATED: CROSS BEHIND-STEP-CROSS BEHIND-STEP, STEP, HOLD

- 13&14& Step left foot behind right foot, step to right on right foot, step left foot behind right foot, step right foot to right
- 15-16 Step left foot to left, hold one count

FORWARD MAMBO STEP, TOE TOUCH, TURN

- 17&18 Rock forward on right foot, recover weight to left foot, step right foot next to left foot
- 19-20 Touch left toe slightly back, turn $\frac{1}{2}$ wall over left shoulder shifting weight to left foot

TOE TOUCH, HIP BUMP, HIP BUMP, STEP

- 21-22 Touch right toe forward, shift weight to right foot as you bump right hip forward
- 23-24 Step back on left foot as you bump left hip back, step right foot back next to left foot

MAMBO STEP, TOE TOUCH, TURN

- 25&26 Rock to left on left foot, step to right on right foot, step left foot next to right foot
- 27-28 Touch right toe slightly back, turn $\frac{1}{4}$ wall to right (keep weight on left foot)

ROCK STEP, ROCK STEP, TOUCH, HOLD

- 29&30& Rock forward on right foot, recover weight to left foot, rock to side on right foot, recover weight to left foot
- 31-32 Touch right toe at home position, hold for one count

REPEAT
