

Ol'e Ol'e

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: Olé Olé - 11:30



HIP FORWARD, BACK, FORWARD/BACK/FORWARD, ROCK FORWARD, ROCK BACK, COASTER CROSS

- 1-2-3&4 Step diagonally forward on right pushing right hip forward, rock weight back onto left pushing left hip back, rock weight forward pushing hip forward, rock weight pushing hip back, rock weight forward pushing right hip forward
- 5-6-7&8 Rock forward on left foot, rock back on right, step back on left, step right beside left, cross left over right

SIDE SHUFFLE RIGHT, ROCK BEHIND/ROCK FORWARD, ¼, ¼, CROSS SHUFFLE

- 1&2-3-4 Side shuffle right stepping right-left-right, rock left behind right, rock forward onto right
- 5-6-7&8 Step left to left turning ¼ turn right, step back on right turning a further ¼ turn right, cross shuffle left over right stepping left-right-left

HIP FORWARD, BACK, FORWARD/BACK/FORWARD, ROCK FORWARD, ROCK BACK, COASTER CROSS

- 1-2-3&4 Step diagonally forward on right pushing right hip forward, rock weight back onto left pushing left hip back, rock weight forward pushing hip forward, rock weight pushing hip back, rock weight forward pushing right hip forward
- 5-6-7&8 Rock forward on left foot, rock back on right, step back on left, step right beside left, cross left over right

SIDE SHUFFLE RIGHT, ROCK BEHIND/ROCK FORWARD, ¼, ¼, CROSS SHUFFLE

- 1&2-3-4 Side shuffle right stepping right-left-right, rock left behind right, rock forward onto right
- 5-6-7&8 Step left to left turning ¼ turn right, step back on right turning a further ¼ turn right, cross shuffle left over right stepping left-right-left

DIAGONAL STEP, SIDE SHUFFLE, DIAGONAL STEP, SIDE SHUFFLE

- 1-2-3&4 Step forward on right 45 degrees right, drag left towards right (keep weight right), side shuffle left stepping left-right-left
- 5-6-7&8 Step forward on right 45 degrees right, drag left towards right (keep weight right), side shuffle left stepping left-right-left

CROSS ROCK, RECOVER, 1 ¼ TRIPLE RIGHT, SHUFFLE FORWARD, STEP FORWARD, HALF PIVOT

- 1-2-3&4 Cross rock right over left, rock weight back on left, turn 450 degrees right stepping right-left-right
- 5&6-7-8 Shuffle forward left stepping left-right-left, step forward right, pivot ½ turn left

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1-2-3&4 Rock right to right side, rock weight center on left, traveling forward cross shuffle right over left
- 5-6-7&8 Rock left to left side, rock weight center on right, traveling forward cross shuffle left over right

STEP FORWARD, HALF PIVOT, STEP FORWARD, HALF PIVOT, HEEL, HALF HEEL & HEEL, HALF HEEL &

- 1-2-3-4 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left (end weight left)
- 5&6&7 Touch right heel forward, step right to center turning ½ turn left & touch left heel forward, step left to center and touch right heel forward
- &&8& Step right to center turning ½ turn left & touch left heel forward, step left to center

REPEAT

TAG

On wall two only do the first 16 counts then skip to counts 32-48. Then do dance as normal.
