

# Ooh Baby!

拍數: 80      牆數: 2      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: Sick and Tired - Boz Scaggs



## KNEE TURNS X 2, GRAPEVINE

- 1-2      With weight on right foot and left heel lifted, take left knee to left side and back to center
- 3-4      Take left knee to left side and back to center
- 5-6      Step left foot to left side, cross right foot behind left
- 7-8      Step left foot to left side, touch right foot next to left

## KNEE TURNS X 2, GRAPEVINE

- 1-2      With weight on left foot and right heel lifted, take right knee to right side and back to center
- 3-4      Take right knee to right side and back to center
- 5-6      Step right foot to right side, cross left foot behind right
- 7-8      Step right foot to right side, touch left foot next to right

## KICK BALL CHANGE, STEP, PIVOT X 2

- 1&2      Kick left foot forward, step onto ball of left foot, step onto right foot
- 3-4      Step left foot forward, pivot ½ turn left stepping right foot next to left
- 5&6      Kick left foot forward, step onto ball of left foot, step onto right foot
- 7-8      Step left foot forward, pivot ½ turn left stepping right foot next to left

## KNEE ROLLS

- 1-2      With the heel slightly raised, roll left knee in a full circle left
- 3-4      With the heel slightly raised, roll right knee in a full circle right
- 5-6      Roll left knee to the left, roll right knee to the right
- 7-8      Roll left knee to the left, roll right knee to the right

## TOE STRUTS FORWARD

- 1-2      Touch left toes forward, drop left heel to the floor
- 3-4      Touch right toes forward, drop right heel to the floor
- 5-6      Touch left toes forward, drop left heel to the floor
- 7-8      Touch right toes forward, drop right heel to the floor

## SHIMMY, ½ TURN, SHIMMY, STEP

- 1-4      Step left foot to left side, shimmy hips & shoulders for 2 counts, turn ½ turn left on ball of left foot
- 5-8      Step right foot to right side, shimmy for 2 counts, step left foot next to right

## TOE STRUTS BACK

- 1-2      Touch right toes back, drop right heel to the floor
- 3-4      Touch left toes back, drop left heel to the floor
- 5-6      Touch right toes back, drop right heel to the floor
- 7-8      Touch left toes back, drop left heel to the floor

## STEP, SHIMMY FORWARD X 2

- 1-4      Step right foot diagonally forward, shimmy for 2 counts, touch left foot next to right
- 5-8      Step left foot diagonally forward, shimmy for 2 counts, touch right foot next to left

## ROCK STEPS, STEP, PIVOT WITH BODY ROLL, STOMP, STOMP

- 1-2      Step right foot forward, rock back onto left foot

- 3-4 Step right foot back, rock forward onto left foot
- 5-6 Step right foot forward, turn ½ turn left with both knees bent and roll body
- 7-8 Stomp right foot in place, stomp left foot in place

**ROCK STEPS, STEP, PIVOT WITH BODY ROLL, STOMP, TOUCH**

- 1-2 Step right foot forward, rock back onto left foot
- 3-4 Step right foot back, rock forward onto left foot
- 5-6 Step right foot forward, turn ½ turn left with both knees bent and roll body
- 7-8 Stomp right foot in place, touch left foot next to right

**REPEAT**

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