

Ooh La La La

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lou Ecken (USA)
音樂: Ooh la la La - Nobody's Angel



ROCK, RECOVER, HOP-HOP, HOLD; MAMBO STEP, CROSS, TURN

- 1-2 Rock left foot in front of right, recover weight back on right
&3 With feet together, hop twice to the left
4 Hold (while straightening knees and bumping hips back)
5&6 Step right foot forward, step left in place, step right back in place
7-8 Cross left over right, unwind ½ turn to the right (take weight on left)

Variation: If it is uncomfortable to hop with feet together you may step one foot at a time, as follows:

- 1-2 Rock left across right, recover right
&3 Step left to the left, then step right next to left
4 Hold

ROCK, RECOVER, HOP-HOP, HOLD; SKATE, SKATE, SKATE AND KICK

- 1-2 Rock right foot in front of left; recover weight back on left
&3 With feet together, hop twice to the right
4 Hold (while straightening knees and bumping hips back)
5-6 Skate right, skate left
7&8 Skate right, step left in place then kick right leg out diagonally forward right

STEP RIGHT, LEFT, PIVOT, TOUCH SIDE, TOUCH HOME; SHUFFLE LEFT CROSS, TURN

- 1 Step right foot to right side making a ¼ turn to the right
2& Step forward on left foot, pivot ½ turn to the right ending with weight on right
3-4 Touch left toe out to left side, touch left toe next to right foot
5&6 Step left to left side, step right next to left, step left to left side
7-8 Cross right foot over right, make a full turn to the left (unwind and wind back up)

ROCK LEFT, SAILOR RIGHT, KNEE POPS WITH A QUARTER TURN

- 1-2 Rock left foot out to left side, recover weight on right foot
3&4 Step left foot behind right, step right foot next to left, step left foot to left side
5-6 Pop right knee to right side, pop left knee to left side
7-8 Pop right knee right, pop left knee left making ¼ turn left and keeping weight on right

REPEAT

TAG

When dancing to "Ooh La La La", towards the end of the song there is one time when the dance starts over midway. Listen for the bridge, when they sing "more, more, more" twice (once on the skates, then again on the knee pops), and then the next time through the dance go only through the skates and kick, then begin again. Dance may also be done without starting over, however the phrasing fits better with the start.