

Ooo Aah

拍數: 48 牆數: 2 級數: Improver
編舞者: Sal Gonzalez (USA)
音樂: Cat Walk - Lee Roy Parnell



FORWARD SHUFFLES (NOTE: FIRST FIVE WALLS ONLY)

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left

TURNING JAZZ SQUARES (NOTE: FIRST FIVE WALLS ONLY)

9 Cross right foot over left and step
10 Step back on left foot
11 Step right foot slightly to the side making a ¼ turn right with the step
12 Brush left foot over right and step
13 Cross left foot over right and step
14 Step back on right foot
15 Step left foot slightly to the side making ¼ turn left with the step
16 Toe touch right next to left

TRIPLE STEP VINES WITH ½ TURNS KICK-BALL CHANGE

17&18 Side step-together-step right, left, right
19&20 Step with ½ turn to the right, together-step left, right, left
21&22 Step with ½ turn to the left, together-step right, left, right
23&24 Kick left foot forward, step on ball of left foot next to right, step right foot next to left
25&26 Side step-together-step left, right, left
27&28 Step with ½ turn to the left, together-step right, left, right
29&30 Step with ½ turn to the right, together-step left, right, left
31&32 Kick right foot forward, step on ball of right foot next to left, step left foot next to right

ROCK STEPS - MILITARY TURNS LEFT - SWAYING STEPS

33 Rock forward on right foot
34 Rock back on left foot
35 Rock back on right foot
36 Rock forward on left foot
37 Step forward on right foot while swaying hips to the right and pivot ¼ turn to the left
38 Step on left foot sway hips to the left
39 Step forward on right foot while swaying hips to the right and pivot ¼ turn to the left
40 Shift weight forward to left foot

FORWARD WALKS - HOLD - BODY ROLL

41 Walk forward on right foot
42 Walk forward on left foot
43 Walk forward on right foot
44 Walk forward on left foot
45 Stomp right foot down forward
46-48 Body roll (with a little attitude)

REPEAT

