

# Ooh Poo Pah Doo

**COPPER KNOB**  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Improver  
編舞者: Violet Ray (USA) - November 2007  
音樂: Ooh Poo Pah Doo - Taj Mahal : (CD: Phantom Blues)



**\*\* Begin the dance on the word "doo."**

## **SIDE ROCK, RECOVER, SAILOR STEP (2X), KICK BALL STEP**

1 - 2                      Rock R foot out to right side, Recover weight on L foot  
3 & 4                      Cross R foot behind L foot, Step ball of L foot to left side, Step R foot to right side  
5 & 6                      Cross L foot behind R foot, Step ball of R foot to right side, Step L foot to left side  
7 & 8                      Kick R foot forward, Step ball of R foot next to L foot, Step L foot forward

## **TOE STRUTS FORWARD (3X), KICK BALL CROSS**

1 - 2                      Touch ball of R foot forward, Press R heel down  
3 - 4                      Touch ball of L foot forward, Press L heel down  
5 - 6                      Touch ball of R foot forward, Press R heel down  
7 & 8                      Kick L foot forward, Step L foot next to R foot, Cross R foot over L foot

## **UNWIND 1/2 LEFT WITH SHOULDER SHRUGS, COASTER STEP**

1 - 6                      Slowly unwind 1/2 to left on balls of both feet for 6 counts and at same time, shrug shoulders 6 times, ending with weight on R foot (6:00)

**Styling: Hold arms down and out to sides with palms down.**

7 & 8                      Step L foot back, Step R foot next to L foot, Step L foot forward

## **LOCK STEPS FORWARD RIGHT & LEFT**

1 - 2                      Step R foot forward diagonally right, Cross L foot behind R foot  
3 & 4                      Step R foot forward diagonally right, Cross L foot behind R foot, Step R foot forward diagonally right  
5 - 6                      Step L foot forward diagonally left, Cross R foot behind L foot  
7 & 8                      Step L foot forward diagonally left, Cross R foot behind L foot, Step L foot forward diagonally left

## **ROCK, RECOVER, 1/2 TRIPLE TURN, 1/4 PIVOT TURN, 1/4 PIVOT TURN**

1 - 2                      Rock forward on R foot, Recover weight on L foot  
3 & 4                      Execute triple step while turning 1/2 right (R, L, R) (12:00)  
5 - 6                      Step L foot forward, Pivot turn 1/4 to right ending with weight on R foot (3:00)  
7 - 8                      Step L foot forward, Pivot turn 1/4 to right ending with weight on R foot (6:00)

## **ROCK, RECOVER, 1/2 TRIPLE TURN, 1/4 PIVOT TURN, 1/4 PIVOT TURN**

1 - 2                      Rock forward on L foot, Recover weight on R foot  
3 & 4                      Execute triple step while turning 1/2 to left (L, R, L) (12:00)  
5 - 6                      Step R foot forward, Pivot turn 1/4 to left ending with weight on L foot (9:00)  
7 - 8                      Step R foot forward, Pivot turn 1/4 to left ending with weight on L foot (6:00)

**BEGIN AGAIN**