

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