

O-Bla-Dance

COPPERKNOB
STEPSHEETS

拍數: 104 牆數: 2 級數: Phrased Intermediate
編舞者: John Hansen - 2009
音樂: Ob-La-Di, Ob-La-Da - The Beatles



Intro : 16 counts

Part A – 64 counts - Sequence: A-A-B-A-B-A-C

Section A1: Walk forward x3, kick, walk back x3, touch

1 – 2 Walk forward left, walk forward right
3 – 4 Walk forward left, kick right foot forward
5 - 6 Walk back right, walk back left
7 - 8 Walk back right, touch left beside right

Section A2: Scissor step left, scissor step right, mambo forward, mambo back

1 & 2 Step left to left side, step right beside left, step left across front of right
3 & 4 Step right to right side, step left beside right, step right across front of left
5 & 6 Rock left forward, recover on right, close left beside right
7 & 8 Rock right forward, recover on left, close right beside left

Section A3: Step ½ pivot right, shuffle left, step ½ pivot left, shuffle right

1 – 2 Step left forward, make ½ turn right
3 & 4 Step left forward, close right beside left, step left forward
5 – 6 Step right forward, make ½ turn left
7 & 8 Step right forward, close left beside right, step right forward

Section A4: Coaster forward left, coaster back right, lockstep forward left , step right, point left

1 & 2 Step left forward, step right beside left, step left back
3 & 4 Step right back, step left beside right, step right forward
5 & 6 Step left forward, lock right behind left, step left forward
7 - 8 Step right forward, point left slightly forward left

Section A5: Step left back, point right, lockstep back right, step left, cross, ½ hinge turn

1 – 2 Step left back, point right slightly forward right
3 & 4 Step right back, lock left across right, step right back
5 – 6 Step left to left side, cross right over left
7 – 8 Turn ¼ right back on left, turn ¼ right side on right

Section A6: Left jazz box with touch, vine right , cross left over right

1 – 4 Cross left over right, step right back, step left to left side, touch right beside left
5 - 8 Step right to right side, cross left behind right, step right to right side, cross left over right

Section A7: Left coaster ½ turn left, walk left, walk right, weave right with heeljack

1 & 2 Turn ¼ left stepping back on right, close left to right, turn ¼ right stepping forward on right
3 – 4 Walk left, walk right
5 – 6 Cross left over right, step right to right side
7 & 8 Step left behind right, step right beside left angle body left(&), touch left heel forward

Section A8: Weave left with heeljack, cross, point right, cross, point left

& 1 – 2 Step left beside right, cross right over left, step left to left side
3 & 4 Step right behind left, step left beside right angle body right(&), touch right heel forward
& 5 – 6 Step right beside left(&), cross left over right, point right to right side
7 - 8 cross right over left, point left to left side

Part B – 32 counts

Section B1: Left behind, side, cross, point, stomp scuff, stomp, scuff

- 1 – 2 Cross left behind right, step right to right side
- 3 – 4 Cross left over right, point right to right side
- 5 - 6 Stomp right forward, scuff left forward
- 7 - 8 Stomp left forward, scuff right forward

Section B2: Right shuffle ½ turn left, left coaster step back, mambo right, mambo left

- 1 & 2 Step right forward ¼ turn left, close left beside right, step right back ¼ turn left
- 3 & 4 step left back, close right beside left, step forward left
- 5 & 6 Rock right to right side, recover weight on left, step right beside left
- 7 & 8 Rock left to left side, recover weight on right, step left beside right

Section B3: Right behind, side, cross, point, stomp scuff, stomp, scuff

- 1 – 2 Cross right behind left, step left to left side
- 3 – 4 Cross right over left, point left to left side
- 5 - 6 Stomp left forward, scuff right forward
- 7 - 8 Stomp right forward, scuff left forward

Section B4: Left shuffle ½ turn left, right coaster step back, mambo left, mambo right

- 1 & 2 Step left forward ¼ turn right, close right beside left, step left back ¼ turn right
- 3 & 4 step right back, close left beside right, step forward right
- 5 & 6 Rock left to left side, recover weight on right, step left beside right
- 7 & 8 Rock right to right side, recover weight on left, step right beside left

Part C – 8 counts

Section C1: Walk forward left and right, left and right kick ball touch, stomp, shake hands

- 1 – 2 Walk forward left, walk forward right
 - 3 & 4 Kick left foot forward, step left next to right, touch right next to left
 - 5 & 6 Kick right foot forward, step right next to left, touch left next to right
 - 7 - 8 Stomp left forward, shake hands
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