

Oh My Days!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shaz Walton (UK) - June 2012
音樂: Love Me (feat. Travie McCoy) - Stooshe : (iTunes)



Count in: 32 counts

S1: Tap. Side. Sailor. Tap. Side. Sailor. Side. Side.

1-2 Tap right beside left. Step right to right side.
3& Cross step left behind right. Step right to right.
4-5 Tap left to left. Step left down.
6& Cross step right behind left. Step left to left side.
7-8 Step right to right side. Step left to left side.

S2: Rock recover. ¼ rock recover. ¼ rock back recover. Shuffle ½ turn.

1-2 Rock forward right. Recover left.
3-4 Make ¼ right as you rock right to right side. Recover left.
5-6 Make ¼ right as you rock back on right. Recover on left.
7&8 shuffle ½ turn left – stepping R-L-R

S3: Back. Sweep. Coaster step. Toe strut. Ball. Walk x2

1-2 Step back left. Sweep right from front to back
3&4 Step back right. Step back left. Step forward right.
5-6 Touch left toes forward. Drop left heel as you raise right heel. (Weight left)
&7-8 step right beside left. Walk forward left. Walk forward right.

S4: Grind/ rock recover. Step. grind/rock recover step. ¼ grind recover. Step. Cross. side.

1-2& Dig left heel forward as you rock onto left with toes to right diagonal. Recover on right as left toes point to left diagonal. Step left beside right.
3-4& Dig right heel forward as you rock onto right with toes to left diagonal. Recover on left as right toes point to right diagonal. Step right beside left.
5-6& Dig left heel forward as you rock onto left with toes to right diagonal. Recover on right making a ¼ left as left toes point to left diagonal. Step left beside right.
7-8 Cross step right over left. step left to left side.

**** Bridge / Restart 3 – FREEZE! For 4 counts & resume the dance from count 33****

S5: Cross. Rock recover cross. Point. ½ rock recover cross. point

1 Cross step right over left.
2&3 Rock left to left. Recover on right. Cross step left over right.
4 -5 Point right to right side. Make ½ right on the ball of left stepping right beside left.
6&7 Rock left to left. Recover on right. Cross step left over right.
8 point right to right side.

**** 1st Restart point wall 2** see below**

S6: Hitch. Point. Hitch step point. ¼ .back. back. Forward.

1-2 Hitch right knee across left. Point right to right side
3&4 Hitch right knee across left. Step right beside left. Point left to left side.
5-6 Make ¼ left keeping weight on right & left touched forward. Step back left
7-8 Step back right. Step forward left.

****2nd Restart point – wall 5****

S7: Cross rock recover. Chasse. Back rock recover. Chasse ¼.

1-2 Cross rock right over left. recover on left.

3&4 Step right to right side. Step left beside right. Step right to right side.
5-6 Rock back on left. Recover on right
7&8 Chasse $\frac{1}{4}$ right stepping L-R-L

S8: Back. Sweep. Back. Sweep. Sailor $\frac{1}{4}$ cross. Touch. Bump.

1-2 Step back right. Sweep left from front to back.
3-4 Step back left. sweep right from front to back.
5&6 cross right behind left making $\frac{1}{4}$ right. Step left to left side. Cross step right over left.
7-8 Touch left to left side. Bump hips to left dropping weight onto left.

Tag / Restart – wall 2 – dance up to counts 48 & do the following.

Cross. Rock recover cross. Point. $\frac{1}{2}$ rock recover cross. point

1 Cross step right over left.
2&3 Rock left to left. Recover on right. Cross step left over right.
4 -5 Point right to right side. Make $\frac{1}{2}$ right on the ball of left stepping right beside left.
6&7 Rock left to left. Recover on right. Make $\frac{1}{4}$ right stepping left forward. .
8 Touch right beside left.

Restart the dance again from the front wall.
