

# Mi Oh My

Count: 64

Wand: 2

Ebene: High Improver

Choreograf/in: Adam Åstmar (SWE) - May 2016

Musik: Wonderful Life (Mi Oh My) - Matoma



Intro: 64 counts

## Sect – 1: ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, OUT, OUT, BACK

- 1 – 2 Rock R forward, recover to L
- 3 & 4 Step R back, step L next to R, step R forward
- 5 – 6 Rock L forward, recover to L
- & 7 – 8 Ball step L to the left, step R to the right, step L back

## Sect – 2: 1 / 4 TURN SIDE, TOGETHER, CHASSE, POINT FORWARD, POINT SIDE, FLICK, SIDE

- 1 – 2 Turn 1 / 4 to the right stepping R to the right, step L next to R (3:00)
- 3 & 4 Step R to the right, step L next to R, step R to the right
- 5 – 6 Point L forward, point L to the left
- 7 – 8 Flick L behind R, step L to the left

## Sect – 3: ROCK, RECOVER, SHUFFLE 1 / 2 TURN, STEP 1 / 4 TURN, CROSS SHUFFLE

- 1 – 2 Rock R forward, recover to L
- 3 & 4 Shuffle 1 / 2 to the right stepping R, L, R (9:00)
- 5 – 6 Step L forward, turn 1 / 4 to the right transferring weight to R (12:00)
- 7 & 8 Cross L over R, step R next to L, cross L over R

## Sect – 4: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE, ROCK BACK, RECOVER, WALK 1 / 4

- 1 – 2 Rock R to the right, recover to L
- 3 & 4 & Step R behind L, step L to the left, cross R over L, step L to the left
- 5 – 6 Rock R back, recover to L
- 7 – 8 Walk 1 / 4 to the left stepping R, L (9:00)

## Sect – 5: SYNCOPATED ROCK STEPS, SHUFFLE 1 / 2 TURN, FULL TURN

- 1 – 2 & Rock R forward, recover to L, step R next to L
- 3 – 4 Rock L forward, recover to R
- 5 & 6 Shuffle 1 / 2 to the left stepping L, R, L (3:00)
- 7 – 8 Turn 1 / 2 to the left stepping R back, turn 1 / 2 to the left stepping L forward (3:00)

## Sect – 6: BALL, ROCK, RECOVER, COASTER STEP, JAZZ BOX WITH CROSS

- & 1 – 2 Ball step R next to L, rock L forward, recover to R
- 3 & 4 Step L back, step R next to L, step L forward
- 5 – 6 Cross R over L, step L back
- 7 – 8 Step R to the right, cross L over R

## Sect – 7: CHASSE, ROCK BEHIND, RECOVER, 1 / 4 TURN STEP, 1 / 2 TURN STEP, STEP 1 / 2 TURN

- 1 & 2 Step R to the right, step L next to R, step R to the right
- 3 – 4 Rock L slightly behind R, recover to R
- 5 – 6 Turn 1 / 4 to the right stepping L back, turn 1 / 2 to the right stepping R forward (12:00)
- 7 – 8 Step L forward, turn 1 / 2 to the right transferring weight to R (6:00)

## Sect – 8: ROCK, RECOVER, COASTER STEP, WALK IN A CIRCLE WAVING HANDS

- 1 – 2 Rock L forward, recover to R
- 3 & 4 Step L back, step R next to L, step L forward

5 – 8                    Walk in a full circle to the left waving hands as you step R, L, R, L (6:00)

**- Restart -**

**It's a happy song and should be danced with joy! Happy dancing! :)**

**Have fun!**

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