

# Mi Oh My

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 64      **Wall:** 2      **Level:** High Improver

**Choreographer:** Adam Åstmar (May 2016)

**Music:** Wonderful Life (Mi Oh My) by Matoma (111 BPM)



## 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!**