Oh No (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner

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音乐: Oh no, oh no, oh no - Udo Wenders

Intro : 40 counts

Sec 1: WALK - WALK - WALK - SIDE TOUCH, CROSS TOUCH - SIDE TOUCH - 1/4 L HITCH - TOGETHER

1 – 4	Step RF fwd - Step LF fwd - Step RF fwd - Touch LF to L
5 – 8	Touch LF over RF - Touch LF to L - On ball of RF 1/4 turn L (9:00) hitch LF - Step LF beside RF
1 – 4	右足前踏 - 左足前踏 - 右足前踏 - 左足左點
5 – 8	左足前跨點 - 左足左點 - 右足向左墊轉1/4 (9:00) 左足抬起 - 左足併踏右足旁

Sec 2: BACK - BACK - BACK - TOGETHER, R SIDE MAMBO - L SIDE MAMBO

1 – 4	Step RF back - Step LF back - Step RF back - Step LF beside RF
5&6,7&8	Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF
1 – 4	右足後踏 - 左足後踏 - 右足後踏 - 左足併踏右足旁
5&6,7&8	右足右下沉 - 重心回左足 - 右足併踏左足旁, 左足左下沉 - 重心回右足 - 左足併踏右足旁

Sec 3: CROSS - SIDE - CROSS - KICK, BACK ROCK - RECOVER - SIDE ROCK - RECOVER

1 – 4	Cross RF over LF - Step LF to L , Cross RF over LF - Kick LF to L
5 – 8	Rock LF back - Recover on RF - Rocl LF to L - Recover on RF
1 – 4	右足前跨 - 左足左踏 - 右足前跨 - 左足左踢
5 – 8	左足後下沉 - 重心回右足 - 左足左下沉 - 重心回右足

Sec 4: JAZZ BOX WITH BRUSH, FWD - 1/4 PIVOT L.(x2)

1 – 4	Cross LF over RF - Step RF back - Step LF to L - Brush RF fwd
5 – 8	Step RF fwd - 1/4 turn L (6:00) weight on LF - Step RF fwd - 1/4 turn L (3:00) weight on LF
1 – 4	左足前跨 - 右足後踏 - 左足左踏 - 右足前刷
5 – 8	右足前踏 - 向左踏轉1/4 (6:00)重心回左足 - 右足前踏 - 向左踏轉1/4 (3:00)重心回左足

Tags : During wall 5 (9:00) and wall 10 (6:00) after 16 counts, After wall 12 (12:00) ending
加拍 :第五面牆 (9:00) 及第十面牆 (6:00) 跳至16拍後, 第十二面牆 (12:00)結束後 加跳四拍
ROCKING CHAIR WITH FLICK

1 – 4	Rock RF fwd - Recover on LF - Step RF back - Recover on LF while flick RF back
1 – 4	右足前下沉 - 重心回左足 - 右足後踏 - 重心回左足同時 右足向後輕彈

Have Fun & Happy Dancing!!!

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