Oh My



拍数: 32

级数: Intermediate

编舞者: Valentine Duret (FR) & Caro - November 2017

墙数:4

音乐: Oh My - Boo Seeka

Start with Right foot - 8 counts

Section 1: Side rock – Behind - ¼ turn L - Forward- Rock – Back Back – ½ turn Forward Rock R to R – Recover L 1 - 2 Arms mvt: Sway R arm to R. Bend L elbow up and sway R arm back under L 3&4 Cross R behind L - Step L to L with 1/4 turn L - Step forward on R Arms mvt: Roll your arms inward and keep R down 5 - 6 Rock forward on L – Recover on R Arms mvt: Reach out L forward - Pull it back closed fist 7 & 8 Step back on L – Step back on R – 1/2 turn L step forward on L Arms mvt: Keep closed fists and roll arms back (like a locomotive) as walking back on steps 7&8 Section 2: Side – Behind – ¼ turn R – Side – Behind Side Forward – Press – Back - Coaster step 1&2 Step R to R - Cross L behind R - 1/4 turn R step forward &3&4 Step L to L - Cross R behind - Step L to L - Step forward on R Press forward on L – Recover on R 5 - 6Arms mvt: As you press forward, reach out L arm forward and keep it extended until step 7 7&8& Step back on L – Step back on R – Step L together – Step forward on R Section 3: Side Together Side – Jazz box ¼ turn R (repeat) 1&2 Step L to L (small step) – Step R next to L – Step L to L (large step) Arms mvt: Push both arms to both sides 3&4 Cross R over L – Step back on L with 1/4 turn R – Step R to R Arms mvt: Cross R arm then L arm over the chest 5&6 - 7&8 Repeat step 1&2 – 3&4 Section 4: Step Lock Step - Step Lock - Side Rock ¼ turn R - Step Back R/L - Coster step - Step forward 1&2&3 Step forward L – Lock R behind – Step forward L – Step forward R – Lock L behind Arms mvt: Keep both arms across the chest &4 Rock R to R – Recover on L with ¼ turn R Arms mvt: Uncross arms Large step back on R – Large step back on L 5 - 6 Arms mvt: Reach out L arm forward then R 7&8& Step back on R – Step L together – Step forward on R – Step forward on L End of dance and enjoy !!! Note: Special thanks to Caroline for working on this dance with me.

Please, don't be put off with the arms movement, they come easily with the steps.

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