

Oompa Loompa Feelings

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Amanda Rizzello (FR) & Florian ARBELOT (FR) - August 2024
音乐: Bad Feeling (Oompa Loompa) - Jagwar Twin



Intro: 16 counts NO TAG – NO RESTART

S1-SWIVEL STEP BACK X2 RL- COASTER CROSS SWEEP – CROSS OVER– SIDE BACK SWEEP-BEHIND SIDE ¼ TURN

12 Step back on R as you open L toe to L (1) Step back on L as you open R Toe to R (2)
3&4 Step back on R (3) Close L Next to R (&) Cross R Over L Sweeping L From back to front (4)
5&6 Cross L Over R (5) Step R To R Side (&) Cross L Behind R Sweeping R From Front to Back (6)
7&8 Cross R Behind L (7) Step L To L (&) ¼ turn L Stepping Forward on R (8) [09:00]

S2- ROCK FORWARD – STEP BACK X3 LRL – ROCK BACK – ¾ TURN JUMPS

12 Rock Forward on L (1) Recover on R (2)
3&4 Step Back on L (3) Step Back on R (&) Step Back on L (4)
56 Rock Back On R (5) Recover on L (6)
7&8 ¼ turn L Jumping LR Together (7) ¼ Turn L Jumping LR Together (&) ¼ Turn L Jumping LR Together (8) [12:00]

Easy Option: After Rock back (56) make a pivot ½ turn L Stepping back on R (7) ¼ turn L Stepping L to L Side (8)

S3- HEEL GRIND – BALL CROSS & COLLECT – STEP FORWARD LR – CHASSE 1/2 TURN – 1/8 TURN BALL POINT

12 Touch Heel R over L (1) Grind R heel (2)
&3&4 Ball: Step R to R Side (&) Cross L Over R (3) Step R to R Side (&) Collect L Next to R on L Diagonal (4) [10:30]
56 Step Forward R (5) Step Forward L (6)
7&8 ¼ turn L stepping R to R Side (7) Close L Next R (&) ¼ turn L Stepping
&1 1/8 Turn L Stepping L To L (&) Point R to R Side (1) [03:00]

S4- CROSS SAMBA – CROSS – SLIDE - ¼ SLIDE

2&3 Cross R Over L (2) Rock L to L side (&) Recover on R (3)
4 Cross L Over R (4)
56 Slide R to R Side Dragging L Next to R (5) ¼ Turn L Making Slide L to L and Dragging R Next to L (6) [12:00]
78 ¼ Turn L Making Slide R To R Side and Dragging L Next To R (7) ¼ Turn L Making Slide L to L and Dragging R Next to L (6) [06:00]

S5- SWIVELS WITH ARMS – KICK BALL POINT – CROSS SIDE BACK

12 Stomp R To R Side opening both arms at right angles (90°) at shoulders height and pivot the forearms downwards (1) Swivels: toes out heels in – make pivot the forearms upwards (2)
3&4 swivels: toes in heels out – make pivot the forearms downwards (3) Swivels: toes out Heels in – make pivot forearms upwards (&) swivels: toes in heels out – make pivot forearms downwards (4)
5&6 kick Forward on L (5) Cross L Over R (&) Point R to R Side (6)
7&8 Cross R Over L (7) Step L To L (&) Big Step Back on R (8)

NOTE: move to the right during swivels

S6- SWIVELS WITH ARMS – KICK BALL POINT – CROSS SIDE BACK

12 Stomp L To L Side opening both arms at right angles (90°) at shoulders height and pivot the forearms downwards (1) Swivels: toes out heels in – make pivot the forearms upwards (2)

3&4 swivels: toes in heels out – make pivot the forearms downwards (3) Swivels: toes out Heels in – make pivot forearms upwards (&) swivels: toes in heels out – make pivot forearms downwards (4)
 5&6 kick Forward on R (5) Cross R Over L (&) Point L to L Side (6)
 7&8 Cross L Over R (7) Step R To R (&) Big Step Back on L (8)
NOTE: move to the left during swivels

S7- ROCK BACK- ½ TURN RECOVER – BALL STEP- TWIST STEP- BALL CROSS- ¼ TURN – MAMBO PUSH

12 Rock Back on R (1) Recover on L making ½ Turn R (2)
 &3&4 Ball: Close R Next to L (&) Step Back on L (3) Twist Heels to R (&) Comeback Center (Weight on L) (4)
 &56 Ball: Close R Next to L (&) Cross L Over R (5) ¼ Turn R Stepping Forward on R (6) [03:00]
 7&8 Rock Mambo Forward on L (7) Recover on L (&) Close L Next To R pushing back (8)

S8- STEP ½ TURN – ¼ CHASS- BALL SIDE ROCK – BALL STEP TWIST STEP

12 Step Forward on R (1) ½ turn L Stepping Forward on L (2) [09:00]
 3&4 1/8 Turn L stepping R to R Side (3) Close L Next to R (&) 1/8 Turn L Stepping R To R Side (4) [06:00]
 &56 Ball: Close L Next to R (&) Side rock R To R Side (5) Recover on L (6)
 &7&8 Ball: Close R Next to L (&) Step L to L Side (7) Twist Heel on L (&) Comeback Center (weight on L) (8)

Keep smiling!

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