

Oh My God

拍数: 48 墙数: 1 级数: Beginner
编舞者: Joan Morro (ES) & Cati Iglesias (ES) - February 2025
音乐: Omg (Remix) - Candelita, Pitbull & Silvestre Dangond



[1-8] ARMS MOVEMENT, MAMBO L & R

1-2 LF step in place left arm to left side, RF step in place right arm right side
3-4 LF Step in place left hand near to the heart, RF step in place right arm near to the heart
5&6 LF step side L, RF Recover, LF Step together RF
7&8 RF Step side R, LF Recover, RF Step together LF

[9-16] ARMS MOVEMENT, MAMBO L & R

1-2 LF step in place left arm to left side, RF step in place right arm right side
3-4 LF Step in place left hand near to the heart, RF step in place right arm near to the heart
5&6 LF step side L, RF Recover, LF Step together RF
7&8 RF Step side R, LF Recover, RF Step together LF

[17-24] CROSS SAMBA X 2, DIAGONAL ROCKING CHAIR X 2,

1&2 LF Cross over RF, RF Rock side R, LF Recover
3&4 RF Cross Over LF, LF Rock Side L, RF Recover
5&6& LF Rock fwd right diagonal, RF Recover, LF Rock bwd left diagonal
7&8& LF Rock fwd right diagonal, RF Recover, LF Rock bwd left diagonal

[25-32] CROSS SAMBA X 2, DIAGONAL ROCKING CHAIR X 2,

1&2 LF Cross over RF, RF Rock side R, LF Recover
3&4 RF Cross Over LF, LF Rock Side L, RF Recover
5&6& LF Rock fwd right diagonal, RF Recover, LF Rock bwd left diagonal
7&8& LF Rock fwd right diagonal, RF Recover, LF Rock bwd left diagonal

RESTART IN WALL 5

[33-40] WALK ½ TURN R (LRLR) X 4, V STEP

1-4 LF Walk fwd 1/8R, RF Walk fwd 1/8R, LF Walk fwd, RF Walk Fwd (6:00)
5-8 LF step fwd out, RF Step fwd out, LF step bwd to center, RF Step bwd to Center

[41-48] HEEL TOUCH X3 & CLAP, PADDLE TURN X 4

1&2& LF heel touch fwd, LF step to center, RF Heel Touch fwd, RF Step to center
3-4 LF Heel Touch fwd, LF Recover to center and clap
5&6& RF 1/8 turn L step side, LF Recover, RF 1/8 turn L step side, LF Recover
7&8 RF 1/8 turn L step side, LF Recover, RF 1/8 turn L step side (12:00)

Last Update: 26 Feb 2025