

# Oh My My My

拍數: 68      牆數: 4      級數: Phrased High Improver  
編舞者: Runa (DK) - January 2021  
音樂: Paradise (feat. Dermot Kennedy) - Meduza



Intro: 16 c - Sequence: AAB CAA AAC BAA

## Part A : 32 counts

### A1. Cross-rock, recover, chassè ¼ turn R, fwd rock, recover, shuffle back

- 1-2      Cross-rock R over L, recover on L
- 3&4      Step R to R side, step L beside R, step R to R side ¼ turn R
- 5-6      Rock fwd on L, recover on R
- 7&8      Step back on L, step R beside L, step back on L

### A2. Back-rock, recover, heel-grind ¼ turn R, back, back-rock, recover, kick ball change

- 1-2      Step back on R, recover on L
- 3-4      Step fwd on heel and as you grind turn ¼ R, step back on L
- 5-6      Rock back on R, recover on L
- 7&8      Kick R fwd, step ( beside L) onto ball of RF, change weight onto LF

### A3. Side, touch, chassè, syncopated weave with heel

- 1-2      Step R to R side, touch L beside R
- 3&4      Step L to L side, step R beside L, step L to L side
- 5-6      Cross R over L, step L to L side
- 7&8&      Step R behind L, step L to L side, touch R heel diag fwd, step R beside L

### A4. Cross, side, behind, ¼, step turn, kick ball point

- 1-2      Cross L over R, step R to R side
- 3-4      Step L behind R, step R to R side ¼ turn R
- 5-6      Step L fwd, ½ turn R taking weight on R
- 7&8      Kick L fwd, step (beside R) onto ball of LF, point R to R side

## Part B : 4 counts

### B5. Rocking-chair

- 1-2      Rock fwd on R, recover on L
- 3-4      Rock back on R, recover on L

## Part C : 32 counts

### C6. Step and slide to R, rock behind, recover, step and slide to L, rock behind, recover

- 1-2      Big step to R, drag LF towards RF
- 3-4      Rock L behind R, recover on R
- 5-6      Big step to L, drag RF towards LF
- 7-8      Rock R behind L, recover on L

### C7. Monterey ½ turn R, jazz-box, cross

- 1-2      Point R to R side, make ½ turn R on LF stepping R beside L
- 3-4      Point L to L side, step L beside R
- 5-6      Cross R over L, step L back
- 7-8      Step R to R side, cross L over R

### C8. Step and slide to R, rock behind, recover, step and slide to L, rock behind, recover

- 1-2      Big step to R, drag LF towards RF

- 3-4 Rock L behind R, recover on R
- 5-6 Big step to L, drag RF towards LF
- 7-8 Rock R behind L, recover on L

**C9. Monterey ½ turn R, V-step**

- 1-2 Point R to R side, make ½ turn R on LF stepping R beside L
- 3-4 Point L to L side, step L beside R
- 5-6 Step R diag fwd on heel, step L diag fwd on heel
- 7-8 Step R back in centre, step L back in centre

Last Update - 28 Jan. 2021

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