

拍數: 32 牆數: 2 級數: Improver
編舞者: Mathew Sinyard (UK) - February 2022
音樂: Oh My God - Adele



Intro: 16 Counts (10 seconds)

One Restart & One Tag

Section 1 Forward Rock, Side Rock, Coaster Step (x2).

- 1 & 2 & Rock forward on right, recover on to left, rock right to right side, recover on to left.
- 3 & 4 Step back on right, step left beside right, step forward on right.
- 5 & 6 & Rock forward on left, recover on to right, rock left to left side, recover on to right.
- 7 & 8 Step back on left, step right beside left, step forward on left.

Section 2 Bump & Step (x2), Mambo Step, Run Back L R L.

- 1 & 2 Touch right forward whilst bumping right hip forward, bump left hip back, bump right hip forward stepping down on right.
- 3 & 4 Touch left forward whilst bumping left hip forward, bump right hip back, bump left hip forward stepping down on left.
- 5 & 6 Rock forward on right, recover on to left, step right slightly back.
- 7 & 8 Run back left, right, left.

****Restart Here Wall 2****

Section 3 ¼ Touch, Side Touch, ¼ Touch, Side Touch, Rhumba Box Back.

- 1 & 2 & Make a ¼ turn right stepping right to side, touch left beside right, step left to left, touch right beside left.
- 3 & 4 & Make a ¼ turn right stepping right to side, touch left beside right, step left to left, touch right beside left.
- 5 & 6 Step right to side, step left beside right, step back on right.
- 7 & 8 Step left to side, step right beside left, step forward on left.

Section 4 Skate, Skate, Diagonal Shuffle (x2).

- 1 2 Skate forward right, skate forward left.
- 3 & 4 (Facing 6:00 shuffle to right diagonal) Step right to right diagonal, close left beside right, step right to right diagonal.
- 5 6 Skate forward left, skate forward right.
- 7 & 8 (Facing 6:00 shuffle to left diagonal) Step left to left diagonal, close right beside left, step left to left diagonal.

Tag end of wall 4- Step pivot ¼ left (x2)

- 1 - 4 Step forward on right, pivot ¼ turn left, step forward on right pivot ¼ turn left.

Have Fun & Enjoy x.