

O-AA

32 Count, 4 Wall, Absolute Beginner
Choreographer: Marianne "Mama Moo" Möllerström
(Sweden) July 2009
Choreographed to: Ooa Hela Natten by Attack
(128 bpm)

Start on Vocals, 4 count intro on track

Toe struts

- 1-2 Step forward on ball of Left foot, step down on Left (taking weight L)
Snap fingers when stepping down
- 3-4 Step forward on ball of Right foot, step down on Right (taking weight R)
Snap fingers when stepping down
- 5-8 Repeat steps 1-4

Rock step, turn 1/2 left, hold, shuffle, sailor step

- 9 -12 Rock forward on Left, recover on Right turning 1/2 left, step forward on Left, hold
- 13&14 Step forward on Right, step together on Left, Step forward on Right
- 15 &16 Cross Left foot behind Right, step together with Right, step forward on Left

Paddle turns 3/4 left

- 17-18 Touch forward Right, paddle turn with Right (weight on Left) 1/4 left
- 19-20 Touch forward Right, paddle turn with Right (weight on Left) 1/4 left
- 21-22 Touch forward Right, paddle turn with Right (weight on Left) 1/4 left
- 23-24 Touch forward Right, paddle turn with Right (weight on Left) 1/4 left

Syncopated side together steps, hold

- 25-26& Step Right foot to right side, hold, step together with Left foot
- 27-28 Step Right foot to right side, hold
- &29 Step together with Left foot, step Right foot to right side
- &30 Step together with Left foot, step Right foot to right side
- &31 Step together with Left foot, step Right foot to right side
- 32 Hold

Finished! Start over again and HAVE FUN!