

Ob-La-Di

Phrased, 1 wall, beginner/intermediate level
Choreographer: Caz Mawby (UK) August 2004
Choreographed to: Ob-La-Di Ob-La-Da by The
Marmalade, on any 60's cd

Section A 32 counts section B 32 counts
Dance sequence:- AB AB AA BAA B A TO END.
Start dance on vocals(Desmond).

Section A

1-8 STEP SLIDE STEP TOUCH CLAP , STEP SLIDE STEP TOUCH CLAP.(supremes style)

- 1-4 Step right diagonally forward, slide left up to right, step right diagonally forward, touch left next to right, clap.
5-8 Step left diagonally forward, slide right up to left, step left diagonally forward, touch right next to left, clap.

9-16 JUMP FORWARD CLAP, JUMP BACK CLAP, CHASSE RIGHT, BACK ROCK.

- 1-2 Jump forward right, left, clap.
3-4 Jump back right, left, clap.
5&6 Step right to side, close left up to right, step right to side.
7-8 Rock back onto left, recover weight forward onto right.

17-24 CHASSE LEFT, BACK ROCK, MONTERY TURN.

- 1&2 Step left to side, close right up to left, step left to side.
3-4 Rock back onto right, recover weight forward onto left.
5-8 Touch right toe out to side, 1/2 turn, touch left out to side, place left next to right.

25-32 MONTERY TURN, FORWARD ROCK, BACK ROCK.

- 1-4 Touch right toe out to side, 1/2 turn, touch left toe out to side, place left next to right.
5-6 Rock forward onto right, recover weight back onto left.
7-8 Rock back onto right, recover weight forward onto left.

Section B

(This section is where the vocals sing ob-la-di-ob-la-da)

1-8 RIGHT SIDE STRUT, 1/2 HINGE TURN, LEFT SIDE STRUT, 1/2 HINGE TURN, RIGHT SIDE STRUT, FORWARD ROCK(optional arm movements).

- 1-2 Touch right toe to side. place heel taking weight.
& 1/2 Hinge turn over right shoulder.
3-4 Touch left toe out to side, place heel taking weight.
& 1/2 Hinge turn over right shoulder.
5-6 Touch right toe out to side, place heel taking weight.
7-8 Rock forward onto left(pushing hands forward straightening arms)recover weight back on right.

9-16 BACK ROCK, STEP PIVOT 1/2TURN, FORWARD ROCK, COASTER STEP.

- 1-2 Rock back onto left, recover weight forward onto right.
3-4 Step forward onto left, pivot 1/2turn right.
5-6 Rock forward onto left, recover weight back onto right.
7&8 Step back onto left, step right together next to left, step forward onto left.

17-32 REPEAT COUNTS SECTIONS 1-8 & 9-16.

"A FUN DANCE FOR ALL TO ENJOY
DANCE WITH A SMILE"
