

# Mi Oh My

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**Count:** 64      **Wall:** 2      **Level:** High Improver

**Choreographer:** Adam Åstmar (May 2016)

**Music:** Wonderful Life (Mi Oh My) by Matoma (111 BPM)

## **Intro: 64 counts**

### **Sect - 1: ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, OUT, OUT, BACK**

- 1 - 2      Rock R forward, recover to L
- 3 & 4      Step R back, step L next to R, step R forward
- 5 - 6      Rock L forward, recover to L
- & 7 - 8      Ball step L to the left, step R to the right, step L back

### **Sect - 2: 1 / 4 TURN SIDE, TOGETHER, CHASSE, POINT FORWARD, POINT SIDE, FLICK, SIDE**

- 1 - 2      Turn 1 / 4 to the right stepping R to the right, step L next to R (3:00)
- 3 & 4      Step R to the right, step L next to R, step R to the right
- 5 - 6      Point L forward, point L to the left
- 7 - 8      Flick L behind R, step L to the left

### **Sect - 3: ROCK, RECOVER, SHUFFLE 1 / 2 TURN, STEP 1 / 4 TURN, CROSS SHUFFLE**

- 1 - 2      Rock R forward, recover to L
- 3 & 4      Shuffle 1 / 2 to the right stepping R, L, R (9:00)
- 5 - 6      Step L forward, turn 1 / 4 to the right transferring weight to R (12:00)
- 7 & 8      Cross L over R, step R next to L, cross L over R

### **Sect - 4: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE, ROCK BACK, RECOVER, WALK 1 / 4**

- 1 - 2      Rock R to the right, recover to L
- 3 & 4 &      Step R behind L, step L to the left, cross R over L, step L to the left
- 5 - 6      Rock R back, recover to L
- 7 - 8      Walk 1 / 4 to the left stepping R, L (9:00)

### **Sect - 5: SYNCOPATED ROCK STEPS, SHUFFLE 1 / 2 TURN, FULL TURN**

- 1 - 2 & Rock R forward, recover to L, step R next to L
- 3 - 4 Rock L forward, recover to R
- 5 & 6 Shuffle 1 / 2 to the left stepping L, R, L (3:00)
- 7 - 8 Turn 1 / 2 to the left stepping R back, turn 1 / 2 to the left stepping L forward (3:00)

### **Sect - 6: BALL, ROCK, RECOVER, COASTER STEP, JAZZ BOX WITH CROSS**

- & 1 - 2 Ball step R next to L, rock L forward, recover to R
- 3 & 4 Step L back, step R next to L, step L forward
- 5 - 6 Cross R over L, step L back
- 7 - 8 Step R to the right, cross L over R

### **Sect - 7: CHASSE, ROCK BEHIND, RECOVER, 1 / 4 TURN STEP, 1 / 2 TURN STEP, STEP 1 / 2 TURN**

- 1 & 2 Step R to the right, step L next to R, step R to the right
- 3 - 4 Rock L slightly behind R, recover to R
- 5 - 6 Turn 1 / 4 to the right stepping L back, turn 1 / 2 to the right stepping R forward (12:00)
- 7 - 8 Step L forward, turn 1 / 2 to the right transferring weight to R (6:00)

### **Sect - 8: ROCK, RECOVER, COASTER STEP, WALK IN A CIRCLE WAVING HANDS**

- 1 - 2 Rock L forward, recover to R
- 3 & 4 Step L back, step R next to L, step L forward
- 5 - 8 Walk in a full circle to the left waving hands as you step R, L, R, L (6:00)

**- Restart -**

**It's a happy song and should be danced with joy! Happy dancing! :)**

**Have fun!**