

OB-LA-DI

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Count: — **Wall:** 1 **Level:** beginner/intermediate

Choreographer: Caz Mawby

Music: Ob La Di, Ob La Da by The Marmalade

Sequence: AB, AB, AA, BAA, B, A to end

SECTION A

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

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

CHASSE LEFT, BACK ROCK, MONTEREY 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, ½ turn, touch left out to side, place left next to right

MONTEREY TURN, FORWARD ROCK, BACK ROCK

- 1-4** Touch right toe out to side, ½ 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

RIGHT SIDE STRUT, ½ HINGE TURN, LEFT SIDE STRUT, ½ HINGE TURN, RIGHT SIDE STRUT, FORWARD ROCK(OPTIONAL ARM MOVEMENTS)

1-2 Touch right toe to side. Place heel taking weight

&½ hinge turn over right shoulder

3-4 Touch left toe out to side, place heel taking weight

&½ 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

BACK ROCK, STEP PIVOT ½TURN, FORWARD ROCK, COASTER STEP

1-2 Rock back onto left, recover weight forward onto right

3-4 Step forward onto left, pivot ½turn 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 1-16