Ooo Aah (Love portion no 9) (愛的秘方) (zh)

Count: 48 **Wall:** 0 **Level:** Improver
Choreographer: Sal Gonzalez (USA)
Music: Cat Walk - Lee Roy Parnell

第一段 Forward Shuffles (Note: First Five Walls Only)
前交換步(前五面牆)

1&2 Shuffle Forward Right, Left, Right 前交換步-右, 左, 右
3&4 Shuffle Forward Left, Right, Left 前交換步-左, 右, 左
5&6 Shuffle Forward Right, Left, Right 前交換步-右, 左, 右
7&8 Shuffle Forward Left, Right, Left 前交換步-左, 右, 左

第二段 Turning Jazz Squares (Note: First Five Walls Only)
轉爵士方塊(前五面牆)

9 Cross Right Foot Over Left And Step 右足於左足前交叉踏
10 Step Back On Left Foot 左足後踏
11 Step Right Foot Slightly To The Side Making A ¼ Turn Right With The Step 右轉90度右足略右踏
12 Brush Left Foot Over Right And Step 左足於右足前刷踏
13 Cross Left Foot Over Right And Step 左足於右足前交叉踏
14 Step Back On Right Foot 右足後踏
15 Step Left Foot Slightly To The Side Making ¼ Turn Left With The Step 左轉90度左足略左踏
16 Toe Touch Right Next To Left 右足趾併點

第三段 Triple Step Vines With ½ Turns Kick-Ball Change
小三步華倫轉1/2踢交換步

17&18 Side Step-Together-Step Right, Left, Right 右追步-右, 左, 右
19&20 Step With ½ Turn To The Right, Together-Step Left, Right, Left
右轉180度左追步-左, 右, 左
21&22 Step With ½ Turn To The Left, Together-Step Right, Left, Right
左轉180度右追步-右, 左, 右
23&24 Kick Left Foot Forward, Step On Ball Of Left Foot Next To Right, Step Right Foot Next To Left 左足前踢, 左足併踏, 右足併踏

第四段 Triple Step Vines With ½ Turns Kick-Ball Change
小三步華倫轉1/2踢交換步

25&26 Side Step-Together-Step Left, Right, Left 左追步-左, 右, 左
27&28 Step With ½ Turn To The Left, Together-Step Right, Left, Right
左轉180度右追步-右, 左, 右
29&30 Step With ½ Turn To The Right, Together-Step Left, Right, Left
右轉180度左追步-左, 右, 左
31&32 Kick Right Foot Forward, Step On Ball Of Right Foot Next To Left,Step Left Foot Next To Right
右足前踢, 右足併踏, 左足併踏

第五段　Rock Steps - Military Turns Left - Swaying Steps
下沉回復S, 左轉擺臀

33　Rock Forward On Right Foot 右足前下沉

34　Rock Back On Left Foot 左足後回復

35　Rock Back On Right Foot 右足後下沉

36　Rock Forward On Left Foot 左足前回復

37　Step Forward On Right Foot While Swaying Hips To The Right And Pivot ¼ Turn To The Left 右足前踏右擺臀左轉90度

38　Step On Left Foot Sway Hips To The Left 左足左踏左擺臀

39　Step Forward On Right Foot While Swaying Hips To The Right And Pivot ¼ Turn To The Left 右足前踏右擺臀左轉90度

40　Shift Weight Forward To Left Foot 左足前踏

第六段　Forward Walks - Hold - Body Roll
5拍前走步, 候擺動

41　Walk Forward On Right Foot 右足前走

42　Walk Forward On Left Foot 左足前走

43　Walk Forward On Right Foot 右足前走

44　Walk Forward On Left Foot 左走前走

45　Stomp Right Foot Down Forward 右足前重踏

46-48　Body Roll (With A Little Attitude) 身體以3拍搖一圈
