



Step Sheet



Ob-La-Di, Ob-La-Da

Music	Ob-La-Di, Ob-La-Da - The Beatles					Time	3:09 min
Length	32 cnts	Tempo	114 bpm	Energy*	93 steps/min	Intro	16 cnts
Choreographer		Trudy Sherman		Based On	Cupid Shuffle		
# of Moves	3	Moves	Heel Taps, March, Side Together				

Energy is calculated as (weight changes in sequence)(beats per minute for music)/(counts in sequence)

Count in Sequence	Counts for Row	Description of Moves
		<u>SIDE TOGETHER, R, x3, SIDE TAP, R</u>
1-2	2	R step side right, L step together (weight on L)
3-6	4	Repeat 1-2 two more times
7-8	2	R step side right, L tap together
		<u>SIDE TOGETHER, L, x3, SIDE TAP, L</u>
9-10	2	L step side left, R step together (weight on R)
11-14	4	Repeat 9-10 two more times
15-16	2	L step side left, R tap together
		<u>HEEL TAPS, R-L x2</u>
17-20	4	R heel tap forward, R together, L heel tap forward, L together
21-24	4	Repeat 17-20
		<u>MARCH, R-L x4</u>
25-26	2	R step in place, L step in place
27-32	6	Repeat 25-26 three more times
		START AGAIN
NOTES:		
MODIFICATIONS:		
<ol style="list-style-type: none"> 1. Pattern for marches – Use a simple pattern like “out-out-in-in” for marches 2. Replace Heel Taps with kicks 3. Add pivots - Replace first 4 Marches with 2 Pivots 4. Change Walls - Add ¼ or ½ half turn CCW (left) during marches 		

Kaleidoscope Dance