

# Mi Oh My

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

**Choreographer:** Adam Ástmar (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!**