

# OOH POO PAH DOO

**Count:** 48    **Wall:** 2    **Level:** Beginner / Intermediate

**Choreographer:** Violet Ray (Nov 07)

**Music:** Ooh Poo Pah Doo by Taj Mahal (Phantom Blues CD)

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**\*\* Begin the dance on the word "doo."**

## **SIDE ROCK, RECOVER, SAILOR STEP (2X), KICK BALL STEP**

- 1 - 2            Rock R foot out to right side, Recover weight on L foot
- 3 & 4           Cross R foot behind L foot, Step ball of L foot to left side, Step R foot to right side
- 5 & 6           Cross L foot behind R foot, Step ball of R foot to right side, Step L foot to left side
- 7 & 8           Kick R foot forward, Step ball of R foot next to L foot, Step L foot forward

## **TOE STRUTS FORWARD (3X), KICK BALL CROSS**

- 1 - 2            Touch ball of R foot forward, Press R heel down
- 3 - 4            Touch ball of L foot forward, Press L heel down
- 5 - 6            Touch ball of R foot forward, Press R heel down
- 7 & 8            Kick L foot forward, Step L foot next to R foot, Cross R foot over L foot

## **UNWIND 1/2 LEFT WITH SHOULDER SHRUGS, COASTER STEP**

- 1 - 6            Slowly unwind 1/2 to left on balls of both feet for 6 counts and at same time, shrug shoulders 6 times, ending with weight on R foot (6:00)

**Styling: Hold arms down and out to sides with palms down.**

- 7 & 8            Step L foot back, Step R foot next to L foot, Step L foot forward

## **LOCK STEPS FORWARD RIGHT & LEFT**

- 1 - 2            Step R foot forward diagonally right, Cross L foot behind R foot
- 3 & 4            Step R foot forward diagonally right, Cross L foot behind R foot, Step R foot forward diagonally right
- 5 - 6            Step L foot forward diagonally left, Cross R foot behind L foot
- 7 & 8            Step L foot forward diagonally left, Cross R foot behind L foot, Step L foot forward diagonally left

## **ROCK, RECOVER, 1/2 TRIPLE TURN, 1/4 PIVOT TURN, 1/4 PIVOT TURN**

- 1 - 2            Rock forward on R foot, Recover weight on L foot
- 3 & 4            Execute triple step while turning 1/2 right (R, L, R) (12:00)
- 5 - 6            Step L foot forward, Pivot turn 1/4 to right ending with weight on R foot (3:00)
- 7 - 8            Step L foot forward, Pivot turn 1/4 to right ending with weight on R foot (6:00)

## **ROCK, RECOVER, 1/2 TRIPLE TURN, 1/4 PIVOT TURN, 1/4 PIVOT TURN**

- 1 - 2            Rock forward on L foot, Recover weight on R foot
- 3 & 4            Execute triple step while turning 1/2 to left (L, R, L) (12:00)
- 5 - 6            Step R foot forward, Pivot turn 1/4 to left ending with weight on L foot (9:00)
- 7 - 8            Step R foot forward, Pivot turn 1/4 to left ending with weight on L foot (6:00)

**BEGIN AGAIN**