

# Thi O O Bek Lo Ho

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**Count:** 56                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** KH Loh (Feb 2015)

**Music:** Thi O O Bek Lo Ho Min Nan Hokkien by Theresa Teng

**Intro: 16 counts - Start dancing on lyric `**

**Sequence: 56, 48, 18, 56, 59**

## **Sec 1: SKATING STEPS & SHUFFLES**

- 1 2**            Skate diagonally R, skate diagonally L
- 3 & 4**        Shuffle diagonally R - RLR
- 5 6**           Skate diagonally L, skate diagonally R
- 7 & 8**        Skate diagonally L - LRL

**Walls 1, 2, 4, 5 - Add 2 counts - Sway R, Sway L**

## **Sec 2: Cuban Breaks L & R, 1/4 R, R Coaster Step, Fwd Shuffle**

- 1 & 2**        Cross R over L, Recover on L, Step R to R
- 3 & 4**        Cross L over R, Recover on R, Step L to L
- 5 & 6 1/4 turn R ( 3:00 ), R Coaster Step, - RLR**
- 7 & 8**        Fwd Shuffle - LRL

**For Wall 3 - Add 2 counts Tag here - Sway R, Sway L**

## **Sec 3: Cross & Cross Shuffles, Rumba Box Fwd**

- 1 & 2 &**      Cross R over L, Step L to L, Cross R over L, Step L to L
- 3 & 4**        Cross R over L, Step L to L, Cross R over L
- 5 & 6**        Step L to L, Step R next to L, Step L Fwd
- 7 & 8**        Step R to R, Step L next to R, Step R Fwd

## **Sec 4: 1/4 turn R, Nightclub Left, Nightclub Right, Basic Nightclub Fwd, Sway RL**

- 1 2 & 1/4 turn R ( 6:00 ), Step L to L with Big step L, Rock R behind L, Recover on L**
- 3 4 &**        Step R to R with Big step, Rock L behind R, Recover on R

5 6 & Step Fwd L, Step Fwd R, Recover on L

7 8 Step R to R & Sway R, Sway L

**Wall 1 & Wall 4 - dance 6 counts only ( 12& 34& 56& )**

**Wall 2 & 5 - Add 2 counts Tag ( 1 2 - Sway RL )**

**Sec 5: Shuffle R, Behind, Side, Cross, R Kick Ball Step x 2**

1 & 2 Shuffle R - RLR

3 & 4 Step L Behind R, Step R to R, Cross L over R

5 & 6 Kick R Fwd, Step Back R, Step Fwd

**7 8- as above -**

**Wall 5 - 7 8 & HOLD for 1 count**

**Sec 6: Figure of Eight**

1 2 Step R to R, Step L Behind R

3 4 Step 1/4 turn R Fwd, Step Fwd L

5 6 Pivot 1/2 turn R, 1/4 turn R Step L to L ( weight on left )

7 8 Cross R Behind L, Step L to L

**Sec 7: Step R Fwd, Recover, Shuffle Backward, Rock Back, Recover, Shuffle Fwd - LRL**

1 2 Step R Fwd, Recover on L

3 & 4 Shuffle Backward - RLR

5 6 Rock Back L, Recover on R

7 & 8 Shuffle Fwd - LRL

**Tag ( 18c ) for Wall 3**

**Sec T1: 1/4 turn R, Recover, R Fwd Shuffle, Step Fwd, Recover, L Coaster Step**

**1 2 1/4 turn R, Step Back on R, Recover on L**

3 & 4 Shuffle Fwd - RLR

5 6 Step Fwd L. Recover on R

**7 & 8L Coaster Step - LRL**

## **Sec T2: Step 1/2 turn R, Triple Step, Step 1/2 turn L, Triple Step**

**1 2** Step Fwd R, Recover on L

**3 & 4** Triple 1/2 turn R - RLR

**5 6** Step Fwd L, Recover on R

**7 & 8** Triple 1/2 turn L - LRL

**9 10** Sway R, Sway L

**Repeat**

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