

ROUTINE BREAK-DOWN

Song Name: Oh Yay! - By Olatunji

Dance Style: Reggae Dancehall

Beats per minute: 128

Rhythm: 1, 2, 3, 4, 5, 6, 7, 8

Component: Cardiovascular

Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
Walking Dead & Slide Taps RF forward LF forward RF RDB LF to RF LF LDB RF to LF	Ball Heel Ball Heel Ball Heel Ball Ball Heel Ball	Arms stretched out horizontally. Hands to hips.	Body tilting side-to-side. Body is leant forward.	Quick Quick Quick Quick Quick Quick
'Pondi River' TW to LF, RF crosses LF, turned LDF Turn foot RDF TW to RF, LF crosses RF, turned RDF Turn foot LDF	Ball heel Ball Ball Ball Heel Ball Ball	Arms in Basic Latin Position to aid balance when twisting. Arms twist from side-to-side on each step.	Twist the hip when tapping across and to the side. Use core to aid twisting action.	Slow Quick Quick Slow Quick Quick
'Paper Bag' RF to right Cross LF behind RF Close RF to LF LF to left Cross RF behind LF Close LF to RF	Ball Heel Ball Ball Heel Ball Heel Ball Ball Heel	Arms circle above head throughout. Clap hands when closing feet.	Pulsation of the body on the step behind.	Quick Slow & Quick Slow
Knee Lifts Both knees bend Right knee lifts RF to LF, Both knees bend Left knee Lifts	Flat Ball Heel, Flat	When knees bend, both arms come forward. Right arm comes to R Left arm comes to L	Body turns to R Body turns to L	Quick Quick Quick Quick

Music Map

Section	No of Bars	Beats per bar	Associated Footwork
Verse	6	8	Walking Dead and Slide Taps
Bridge	4	8	'Pondi River'
Chorus	4	8	'Paper Bag'
Interlude	4	8	Knee Lifts
Verse	4	8	Walking Dead and Slide Taps
Bridge	4	8	'Pondi River'
Chorus	4	8	'Paper Bag'
Interlude	4	8	Knee Lifts
Verse	4	8	Walking Dead and Slide Taps
Bridge	4	8	'Pondi River'
Chorus	4	8	'Paper Bag'
Interlude	4	8	Knee Lifts
Verse/Ending	4	8	Walking Dead and Slide Taps