



Ons Moeder Zeej Nog

Choreographer: Lars Kuif, Imma Kuif van Veen,
Patricia Tuk van Rosengarten, Loes Acda, Gerrie Janssen & Joke Blok

Level: Beginner

Count: 32

Wall: 4

Intro: 32 counts

Music: "Ons Moeder Zeej Nog" by Jan Biggel

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[1 – 8] (Side, Together, Side, Touch) R+L

1,2,3,4 Step R to side (1), step L next to R (2), step R to side (3), touch L next to R (4) [12.00]
5,6,7,8 Step L to side (5), step R next to L (6), step L to side (7), touch R next to L (8) [12.00]

[9 – 16] Hip Bumps, Jazz Box Into ¼ R

1,2,3,4 Step R to side with hip bump R (1), hip bump L (2), hip bump R (3), hip bump L (4) [12.00]
5,6,7,8 Step R across L (5), ¼ R stepping L back (6), step R to side (7), step L fwd. (8) [03.00]

[17 – 24] Heel, Touch, Shuffle Fwd., Step L Fwd., ½ Turn R, ½ Shuffle Turn R

1,2 Touch R heel fwd. (1), touch R toe behind (2) [03.00]
3&4 Step R fwd. (3), step L next to R (&), step R fwd. (4) [03.00]
5,6 Step L fwd. (5), ½ turn R changing weight to RF (6) [09.00]
7&8 ¼ turn R stepping L to side (7), step R next to L (&), ¼ turn R stepping L back (8) [03.00]

[25 – 32] Rock Back, Kick-Ball-Step, Rocking Chair (Or 2x ½ Pivot Turn L)

1,2 Rock R back (1), recover to LF (2) [03.00]
3&4 Kick R fwd. (3), step on ball RF (&), step L fwd. (4) [03.00]
5,6,7,8 Rock R fwd. (5), recover to LF (6), rock R back (7), recover to LF (8) [03.00]

Optional for count 5-8: 2x Pivot Turn Left

Repeat

Restart:

Dance wall 9 and 11 up to count 28 (kick-ball-step) and restart.

Wall 9 facing 03.00 and wall 11 facing 09.00

Questions: larskuiflinedance@gmail.com

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