



# Oben Unten

Count: 60

Wall: 1

Level: Beginner Phrased

Choreographer: Casey Lee Lowe (DE) - December 2025

Music: Oben Unten - Räuber

## Sequence:

A, A, A, A, B1, B2, Stop, A, A, A, A, B1, B2, Stop, A, A, A, A, B1, B2, B2, extra circles, stop

## Part A:

### Vine right + Vine left

- 1-2 Step RF to right side - Cross LF behind RF
- 3-4 Step RF to right side – Touch LF next to RF
- 5-6 Step LF to left side - Cross RF behind LF
- 7-8 Step LF to left side – Touch RF next to LF

### K-Step

- 1-2 Step RF diagonally forward – Touch LF next to RF and clap hands
- 3-4 Step LF diagonally back – Touch RF next to LF and clap hands
- 5-6 Step RF diagonally back – Touch LF next to RF and clap hands
- 7-8 Step LF diagonally forward – Touch RF next to LF and clap hands

### 2x Heel splits, heel r+l

- 1-2 Split both heels – twist back together
- 3-4 Split both heels – twist back together (have weight on LF after twisting back together)
- 5-6 Right heel forward – close RF next to LF
- 7-8 Left heel forward – close LF next to RF

### Step r , clap, ½ turn l, clap (2x)

- 1-2 Step RF forward – clap hands
- 3-4 ½ turn left (weight on LF facing 6 o'clock) – clap hands
- 5-6 Step RF forward – clap hands
- 7-8 ½ turn left (weight on LF facing 12 o'clock) – clap hands

## Part B1:

### Hands up, hands down

- 1-2 reach both hands up high – hold
- 3-4 hold - hold
- 5-6 reach both hands down – hold
- 7-8 hold – hold

### Hands left, hands right

- 1-2 reach both hands to the left – hold
- 3-4 hold - hold
- 5-6 reach both hands to the right – hold
- 7-8 hold - hold

### Hands foward, hands back

- 1-2 reach both hands forward – hold
- 3-4 hold - hold
- 5-6 reach both hands back – hold
- 7-8 hold - hold

### Circle right with 4 Steps

- 1-2-3-4 Walk a full circle over right should (Step RF, LF, RF, LF)

## Part B2

Repeat Steps of B1 in a faster frequency.

## Stop

On the word “Stop” - between Party A & B we have a 16 count pause.

## Repeat

Have fun and keep on smiling! 😊

## Contact:

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