

Over The Sea

Count: 32

Wall: 4

Level: Improver

Choreographer: Amund Storsveen (NOR) - June 2025

Music: Over the Sea - Magnus Bokn



Intro: 32 counts - BPM: 106. 1 tag, no restarts.

[1-8] STEP FORWARD RL, SIDE ROCK, STEP FORWARD R, ROCK, RECOVER, SHUFFLE ¼ TURN L

- 1-2 Step R forward (1); Step L forward (2)
- &3-4 Rock R to right (&); Recover on L (3); Step R forward (4)
- 5-6 Rock L forward (5); Recover on R (6)
- 7&8 Step L back (7); Step R next to left (&); ¼ turn left step L to left (8)

[9-16] CROSS, SIDE, R SAILOR AND HEEL AND CROSS, ¼ TURN L, SHUFFLE ¼ TURN L

- 1-2 Cross R over left (1); Step L to left (2)
- 3& Step R behind left (3); Step L slightly left (&)
- 4& Touch R heel diagonally right (4); Step ball of R next to left (4)
- 5-6 Cross L over right (5); ¼ turn left step R back (6)
- 7&8 Step L back (7); Step R next to left (&); ¼ turn left step L to left (8)

[17-24] CROSS, HOLD AND CROSS, ROCK AND CROSS, HOLD AND CROSS SHUFFLE

- 1-2& Cross R over left (1); Hold (2); Step ball of L slightly left (&)
- 3-4&5 Cross R over left (3); Rock L to left (4); Recover on R (&); Cross L over right (5)
- 6& Hold (6); Step ball of R slightly right (&)
- 7&8 Cross L over right (7); Step ball of R slightly right (&); Cross L over right (8)

Arms: Close right fist and place right underarm across chest (count 1+2). Close left fist and place left underarm across chest/right arm (count 3+4). Point right elbow right and left elbow left, fists touching in front of chest, arms parallel to floor (5+6). Pull both arms straight down with closed fists (7-8).

[25-32] R ROCK, RECOVER, R SAILOR ½ TURN RIGHT, L ROCK, RECOVER, L COASTER STEP

- 1-2 Rock R to right (1); Recover on L (2)
- 3&4 ¼ turn right step R behind left (3); ¼ turn right step L to left (&); Step R forward (4)
- 5-6 Rock L forward (5); Recover on R (6)
- 7&8 Step L back (7); Step R next to left (&); Step L forward (8)

TAG after wall 4 (facing 12 o'clock)

- 1-4 Step forward on R (1); L (2); R (3); Point L to left (4)
- 5-8 Step back on L (5); R (6); L (7); Point R to right (8)

ENDING in wall number 9

Change count 15&16 of the dance, do a 1/2 shuffle left instead of a ¼ shuffle left. On count 17 step right forward with closed fists and arms crossed in front of chest.

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