

Over and Over

拍数: 32 墙数: 4 级数: Improver
编舞者: Cato Larsen (NOR), Kelli Haugen (NOR), Henrik Grønvold (NOR), Yvonne Sevre (NOR), Dag Alexander Wien (NOR), Roy Anthony Shepherd (NOR), Tom Inge Soenju (NOR), Karianne Heimvik (NOR), Cecilie Smith Larsson (NOR) & Ronny Palerud Larsen (NOR) - September 2020
音乐: Over and Over - The James Boys : (2:19)



Intro: 16 counts (Start on vokal)

(Walk back) x2, Reverse Rocking Chair, Coaster step w/ 1/8R turn, Hold, Ball-Cross

1-2 Step RF back, step LF back
3&4& Step RF back, recover weight on LF, step RF fwd, recover weight on LF
5&6 Step RF back, step LF together, turn 1/8R & cross RF in front of LF 1:30
7&8 Hold, step LF to left side, cross RF in front of LF

Modified Charleston step, Step, Hitch w/ 1/4L turn, Step, Touch

1-4 Turn 1/8L & step LF fwd, kick RF fwd, step RF back, cross LF in front of RF & tap floor 12:00
5-6 Step LF fwd, turn 1/4L & hitch RF 9:00
7-8 Step RF to R, cross LF behind RF & tap floor

(Walk fwd) x2, Out-Out, In-Cross, Step w/ 1/8L turn, Step w/ 1/4L turn, Sailor step

1-2 Turn 1/8L & step LF fwd, step RF fwd
&3&4 Step LF out to L, step RF out to R, step LF in, cross RF in front of LF 7:30
5-6 Turn 1/8L & step LF fwd, turn 1/4L & step RF to R 3:00
7&8 Cross LF behind RF, step RF to R, step LF to L & fwd

Cross, Step w/ 1/4R turn, Ball-Cross, Point, Sailor step w/ 1/4R turn, Step, 1/2R turn

1 Step RF in front of LF
2&3 Turn 1/4R & step LF back, step RF together, cross LF in front of RF 6:00
4 Point RF to R
5&6 Turn 1/8R & cross RF behind LF, turn 1/8R step LF to L, step RF to R & fwd 9:00
7-8 Step LF fwd, turn 1/2R but keep weight on LF 3:00

Start again - Have fun & Enjoy :-)

Tag : After wall 4 (Starts towards 12:00)

(Step, Touch) x2, Out, Side-Rock, In, Forward-Rock

1-2 Step RF back, touch LF beside RF
3-4 Step LF fwd, touch RF beside LF
&5-6 Step RF small step to R, step LF to L, recover weight on RF
&7-8 Step LF together, step RF fwd, recover weight on LF

RF = Right Foot

R = Right