

Over & Under (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Nigel Payne (UK)
音乐: Overworked and Underpaid - Dave Sheriff



Position: Both Facing LOD, Man On ILOD, Lady On OLOD. Holding Inside Hands. Opposite Footwork, Mans Steps Listed

Based on the line dance "Overworked & Underpaid" by Nigel Payne

LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT SHUFFLE, RIGHT SHUFFLE

1&2 Step left behind right, step right to right side, step left beside right
3&4 Step right behind left, step left to left side, step right beside left
5&6 Step forward on left, step right beside left, step forward on left
7&8 Step forward on right, step left beside right, step forward on right

ROCK-RECOVER, TURNING SHUFFLES X 3

9-10 Rock forward on left, recover back on right

Release hands as you turn, & touch hands as you turn

11&12 Shuffle ½ turn left stepping left, right, left, (now facing RLOD)
13&14 Shuffle ½ turn left stepping right, left, right, (now facing LOD)
15&16 Shuffle ½ turn left stepping left, right, left, (now facing RLOD)

Rejoin inside hands

ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

17-18 Rock forward on right, recover back on left
19&20 Step back on right, step left beside right, step forward on right

Release hands as you turn & rejoin as you shuffle forward

21-22 Step forward on left, pivot ½ turn right
23&24 Step forward on left, step right beside left, step forward on left

FULL TURN, SHUFFLE, WEAVE, POINT

Release hands as you turn, rejoin hands as you shuffle, release hands as you weave

25-26 Make full turn left traveling forward stepping right, left
27&28 Step forward on right, step left beside right, step forward on right
29-32 Cross left over right, step right to right side, cross left behind right, point right to right side

Man weaves in front of lady, man now on OLOD, lady on ILOD, both facing LOD. Rejoin inside hands

RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT SHUFFLE, LEFT SHUFFLE

33&34 Step right behind left, step left to left side, step right beside left
35&36 Step left behind right, step right to right side, step left beside right
37&38 Step forward on right, step left beside right, step forward on right
39&40 Step forward on left, step right beside left, step forward on left

ROCK-RECOVER, TURNING SHUFFLES X 3

41-42 Rock forward on right, recover back on left

Release hands as you turn, & touch hands as you turn

43&44 Shuffle ½ turn right stepping right, left, right (now facing RLOD)
45&46 Shuffle ½ turn right stepping left, right, left (now facing LOD)
47&48 Shuffle ½ turn right stepping right, left, right (now facing RLOD)

Rejoin inside hands

ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

49-50 Rock forward on left, recover back on right
51&52 Step back on left, step right beside left, step forward on left
Release hands as you turn & rejoin as you shuffle forward
53-54 Step forward on right, pivot ½ turn left
55&56 Step forward on right, step left beside right, step forward on right

FULL TURN, SHUFFLE, WEAVE, POINT

Release hands as you turn, rejoin hands as you shuffle, release hands as you weave

57-58 Make full turn right traveling forward stepping left, right
59&60 Step forward on left, step right beside left, step forward on left
61-64 Cross right over left, step left to left side, cross right behind left, point left to left side

Man weaves in behind of lady, man now on ILOD, lady on OLOD, both facing LOD. Rejoin inside hands

REPEAT
