

Over The Hill

拍数: 32 墙数: 2 级数: Improver contra dance
编舞者: Tamara Molkner (AUS) & Shamus Uren (AUS)
音乐: We're All Gonna Die Someday - Kasey Chambers



Position: In lines, back to back (approx 1 m apart)

While the first sequence starts with the lines back to back the next one will start with the lines facing. This alternating start direction continues throughout the dance

STEP HEEL, STEP TOGETHER, STEP HEEL, STEP TOGETHER

- 1-2 Step left to left side, tap right heel forward at 45 degrees right
- 3-4 Step right apart from left, step left together
- 5-6 Step right to right side, tap left heel forward at 45 degrees left
- 7-8 Step left apart from right, step right together

Try slapping left hands with your partner on step 2 & right hands with step 6 (with the heel taps)

STEP 1/8 TURN, SLAP, STEP 1/8 TURN, SLAP, DOUBLE HIPS RIGHT & LEFT

- 9-10 Step left forward turning 1/8 right (center), place weight on right with a slap of left hand to left hip
- 11-12 Step left forward turning 1/8 right (side on), slap left hand on left hip (weight stays on left)
- 13-16 Bump hips to right-right, then left-left (if near enough bump your partners hips)

2 X SAILOR SHUFFLES, 2 X DIAGONAL CAMEL SLIDES (WITH ARM ACTION)

- 17&18 Sailor - step right behind left, step left to left side, step right to right side
- 19&20 Sailor - step left behind right, step right to right side, step left to left side
- 21 Step right forward at 45 degrees right (arms forward)
- 22 Slide left up to right (dragging elbows back to sides)
- 23 Step right forward at 45 degrees right (arms forward)
- 24 Slide left up to touch beside right (elbows back)

SLOW 'SWAGGER' WALK ¾ CIRCULAR TURN

Swing bent arms in a normal action

- 25 Starting a ¾ circular turn - step forward on left
- 26 Bring right arm (bent) forward, hold
- 27-28 Continuing the turn - step forward on right bringing left arm (bent) forward, hold
- 29-32 Repeat last 4 beats - completing the ¾ turn & hopefully in line with your partner

Lines should now be facing each other to start the 2nd sequence

REPEAT

After the 3rd sequence there are 4 extra beats - simply hold, clap hold, clap

After the 5th sequence there is a 36 beat "Beverly Hillbillies" Theme instrumental section. For this you will face the other line & in typical hillbilly fashion, swing your partner

- 1-8 Linking right arms, use 4 x shuffles to circle to the right around partner
- 9-16 Swap arms & do 4 x shuffles to the left
- 17-32 Repeat steps 1-16, you should end up with the lines facing each other
- 33-36 Hold, clap, hold, clap

Now return to main dance (but with the lines facing - not back to back). This dance is intended for having fun, so during the bridge section don't even try to keep everyone in perfect formation. It doesn't even matter which foot you start the shuffles with! Just ensure you end up in lines facing each other & that you get your weight onto the right foot at some stage between beats 33-36

Towards the very end the music slows down. Just complete the sequence, (now facing out) then wait for the normal beats to return to finish the dance. Perform step 1-4, then step forward on right & pivot ½ left onto left, stomp/step right together.

