

If You're Over Me

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Pat Stott (UK) - July 2018
音樂: If You're Over Me - Years & Years : (Album: Palo Santo - deluxe - 3:09)



Commence after 16 counts (approx. 8 seconds) just before vocals

Mambo forward, mambo back, side rock, cross, ball, cross, side

1&2. Rock forward on right, recover on left, step slightly back on right
3&4. Rock back on left, recover on right, step slightly forward on left
5&6 Rock right to right, recover on left, cross right over left
&7 Left to left on ball of foot, cross right over left
8 Step left to left

Sailor 1/4 turn right, cross, rock, side, cross, recover, ball, cross, ball, cross

1&2. Sweep right foot round stepping behind left, turn 1/4 right, stepping onto left, step right slightly to right
3&4. Cross left over right, recover on right, left to left
5-6. Cross right over left, recover on left
&7. Step right to right on ball of foot, cross left over right
&8. Step right to right on ball of foot, cross left over right

**** Restart here during wall 8 (facing 6 o'clock)**

Switches : point right, close, point left, close, right heel forward, close, hitch left, close, right heel forward, close, forward. step forward, 1/2 pivot left

1&2&. Point right toe to right, close, point left toe to left, close
3&4& Right heel forward, close, hitch left knee, close
5&6. Right heel forward, close, forward on left
7-8. Step forward on right, 1/2 pivot left transferring weight to left

Shuffle forward, full turn right, rock forward, recover, full triple turn left

1&2. Forward on right, close left to right, forward on right
3-4. Turn 1/2 right stepping back on left, turn 1/2 right stepping forward on right
5-6. Rock forward on left, recover on right
7&8. Triple full turn left - left, right, left

Alternative: To take out turns replace 3-4 with 2 walks, and 7&8 replace with a coaster step.

**** Restart during wall 8 facing 6 o'clock**

Choreographers note: the dance is quite fast so keep the steps small!

Dance will finish at 12 o'clock