

Over and Over

COPPER KNOB
STEP SHEETS

拍數: 40 牆數: 4 級數: Phrased Beginner
編舞者: Karen Lee (TW) - May 2023
音樂: Over and Over - Emile Ford & The Checkmates



Intro: 16 C, No Restart. / No Tag.

Sequence : A,B,B,B,C, A,B,B,B,C, A,B,B,B,C, A,B,B,B,C, A.

PART A, 16 counts.

[S1]: Half K step Forward, Vine R, Touch,

1-2 Step RF to R diagonal, Touch LF next to RF,
3-4 Step RL to L diagonal, Touch RF next to LF
5-8 Step RF to R side, Step LF Behind to RF, Step RF to R side, Touch LF next to RF.

[S2]: Half K step Backward, Vine L, 1/4 L, Brush.

1-2 Step LF Back to L diagonal, Touch RF next to LF,
3-4 Step RF Back to R diagonal, Touch LF next to RF,
5-8 Step LF to L side, Step RF Behind to LF, 1/4 turn Step LF to L side, Brush RF Forward.(9:00)

PART B, 16 Counts.

[S1]: Sway R, Hold, Sway L, Hold, Sway(R-L-R-L).

1-4 Rock RF to R side, hold, Rock LF to L Side, hold,
5-6 Rock RF to R side, Rock LF to L Side,
7-8 Rock RF to R side, Rock LF to L Side (Weight on LF).

[S2]: Forward Mambo, Sailor 1/4 L.

1-4 Rock RF Forward, Recover LF in Place, Step RF Backward, Hold,
5-8 Step LF Backward, 1/4 turn L, Step RF to R Side, Step LF to L Side. (6:00)

PART C, 8 Counts. Always starts facing 9:00

Rocking Chair, Jazz, Cross.

1-4 Rock RF Forward, Recover on LF, Rock LF Backward, Recover on LF
5-8 Step RF Forward, Step LF Back, Step RF To R Side, Cross LF over RF

REPEAT

Enjoy and happy Dancing...

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