

Over N Over

拍數: 64 牆數: 2 級數: Advanced
編舞者: Mark Furnell (UK) & Chris Godden (UK) - May 2025
音樂: Over 'n Over - Minelli



Intro: 32 Counts, Start at approx 17 secs

SEC 1 Side, Cross Rock Sweep, Back Shuffle, Rock, Kick Ball Change

- 1 Step left to left
- 2-3 Cross rock right over left, recover weight on to left sweeping right from front to back
- 4&5 Step right back, step left beside right, step right back
- 6-7 Rock left forward, recover weight on to right
- 8&1 Kick left forward, step left beside right, step right forward

SEC 2 1/8 Cross, 1/8 Side, 1/8 Cross, 1/8 Side, Hold, Ball Cross, Side

- 2-3 Turn 1/8 left cross left over right, turn 1/8 left step right to right (9:00)
- 4-5 Turn 1/8 left cross left over right, turn 1/8 left step right to right (6:00)
- 6 Hold
- &7-8 Step left beside right, cross right over left, step left to left

SEC 3 Behind, Hold, 1/4 Step, Step, 1/2 Pivot, Step Sweep, Samba Step

- 1-2 Step right behind left, hold
- &3-4 Turn 1/4 left step left forward, step right forward, pivot 1/2 left transferring weight onto left (9:00)
- 5-6 Step right forward sweeping left from back to front over 2 counts
- 7&8 Cross left over right, rock right to right, recover weight on to left

SEC 4 1/4 Ball Step, Hold, Ball Step, Hold, Kick, Touch Back, 1/4 Twist, 1/4 Twist Sweep

- &1-2 Step right beside left, turn 1/4 left step left forward, hold (6:00)
- &3-4 Step right beside left, step left forward, hold
- 5-6 Kick right forward, touch right back
- 7 Twist 1/4 right transferring weight onto right (9:00)
- 8 Twist 1/4 left transferring weight onto left sweeping right from back to front (6:00)

SEC 5 3/8 Diamond, Ball Rock, Ball Touch, Twist Wrist

- 1&2 Cross right over left, step left to left, turn 1/8 right step right back (7:30)
- 3&4 Step left back, turn 1/8 right step right to right, turn 1/8 right step left forward (10:30)
- &5-6 Step right forward, rock left forward, recover weight on to right
- &7-8 Step left back, touch right forward, lift right hand to head height twist right wrist in

SEC 6 1/2 Diamond, Ball Rock, Ball Touch, Twist Wrist

- 1&2 Step right forward, turn 1/8 right step left to left, turn 1/8 right step right back (1:30)
- 3&4 Step left back, turn 1/8 right step right to right, turn 1/8 right step left forward (4:30)
- &5-6 Step right forward, rock left forward, recover weight on to right
- &7-8 Step left back, touch right forward, lift right hand to head height twist right wrist in

SEC 7 Step Sweep, Samba Step, 1/8 Jazzbox Cross

- 1-2 Step right forward sweeping left from back to front over 2 counts
- 3&4 Cross left over right, rock right to right, recover weight on to left
- 5-6 Cross right over left, turn 1/8 right step left back (6:00)
- 7-8 Step right to right, cross left over right

SEC 8 Timing Step, Timing Step, 3/4 Walk Around, 1/4 Ball Cross

- 1-2& Step right to right, step left beside right, step right beside left
3-4& Step left to left, step right beside left, step left beside right
5-6 Turn $\frac{1}{4}$ right step right forward, turn $\frac{1}{4}$ right step left forward (12:00)
7-8& Turn $\frac{1}{4}$ right step right forward, turn $\frac{1}{8}$ right step left forward, turn $\frac{1}{8}$ right cross right over left (6:00)
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