

# Over & Under (P)

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數: Partner  
編舞者: Nigel Payne (UK)  
音樂: 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, WEAWE, 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**

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