

# Over and Over

Count: 40

Wand: 4

Ebene: Phrased Beginner

Choreograf/in: Karen Lee (TW) - May 2023

Musik: 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...

Contact: [karenlee778@gmail.com](mailto:karenlee778@gmail.com)