

# Over & Under (P)

Count: 64

Wand: 0

Ebene: Partner

Choreograf/in: Nigel Payne (UK)

Musik: 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, WEAVE, 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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