

Overgir mig langsomt

Compte: 72

Mur: 4

Niveau: Intermediate waltz



Chorégraphe: Agnethe Hansen (DK) - March 2014

Musique: Overgi'r Mig Langsomt - Sanne Salomonsen : (CD: Unico)

Intro 24 counts

Left Twinkle – Right Twinkle – Step, point, hold – Step ¼, point, hold

- 1 – 2 – 3 Cross left over right, step right beside left, step left next to right
4 – 5 – 6 Cross right over left, step left beside right, step right next to left
7 – 8 – 9 Step forward on left, point right to right side and hold
10 – 11 – 12 make a ¼ turn step over right shoulder, point left to left side and hold (3.00)

Weave Right – ¼ turn step, point, hold – ¾ turn over left shoulder, point, hold – Cross rock, side

- 1 – 2 – 3 Cross left over right, step right to right, cross left behind right
4 – 5 – 6 make a ¼ turn step right over right shoulder, point left to left side and hold (6.00)
7 – 8 – 9 make a ¾ turn step over left shoulder, point right to right side and hold (9.00)
10 – 11 – 12 Cross right over left, recover left, step right to right

Step forward, Full turn – rock, recover, step back – cross step, step back, step left – cross step, unwind ½ turn left hold

- 1 – 2 – 3 Step forward on left, ½ turn left stepping back on right, ½ turn left stepping forward on left
4 – 5 – 6 Rock forward on right, recover back on left, step back on right
7 – 8 – 9 Cross step left over right, step right back. Step left to left side
10 – 11 – 12 Cross step right over left, unwind ½ turn left and hold (3.00)

Left Twinkle – Right Twinkle ¼ turn – Left Twinkle – Right Twinkle ¼ turn

- 1 – 2 – 3 Cross left over right, step right beside left, step left next to right
4 – 5 – 6 Cross right over left, ¼ turn right stepping left back, step right to right (6.00)
7 – 8 – 9 Cross left over right, step right beside left, step left next to right
10 – 11 – 12 Cross right over left, ¼ turn right stepping left back, step right to right (9.00)

Basic ½ turn – Coaster step – Step, point, hold – ½ turn, point, hold

- 1 – 2 – 3 Step forward on left, make a ½ turn stepping back on right, step left beside right (3.00)
4 – 5 – 6 Step right back, step left beside right, step right forward
7 – 8 – 9 Step forward on left, point right to right side and hold
10 – 11 – 12 make a ½ turn step over right shoulder, point left to left side and hold (9.00)

Cross rock step – Cross rock step – Step ½ turn – Step ½ turn

- 1 – 2 – 3 Cross left over right, recover on right, step left to left
4 – 5 – 6 Cross right over left, recover on left, step right to right
7 – 8 – 9 Step forward on left, make a ½ turn stepping back on right, step left beside right (3.00)
10 – 11 – 12 Step back on right, make a ½ turn stepping forward on left, step right beside left (9.00)

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