

Is It Over

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Fred Whitehouse (IRE) & Niels Poulsen (DK) - October 2015
音乐: Is It Over Yet - Wynonna : (iTunes etc)



Intro: 16 count intro from first beat in music (17 secs. into track). Start with weight on L foot

***2 Restarts: On wall 3 and 6, each time facing 12:00.**

The 1st time it's after counts 12& in your coaster step.

The 2nd time it's after count 20. The 2nd time you do the Restart you only turn a full turn L then touch R next to L on count 20, then Restart

Ending: Wall 8 is your last wall. On count 13 you cross R over L and unwind slowly to 12:00

[1 – 7] R back rock, ¼ L, L back rock, syncopated vine, cross rock, ¼ R sweep

1 – 2& Rock back on R (1), recover fwd on L (2), turn ¼ L stepping R to R side (&) 9:00
3 – 4 Rock back on L (3), recover fwd on R (4) 9:00
&5& Step L to L side (&), cross R behind L (5), step L to L side (&) 9:00
6&7 Cross rock R over L (6), recover back on L (&), turn ¼ R stepping R fwd sweeping L fwd (7) 12:00

[8 – 16] Weave touch, unwind ½ L, reverse ½ R point, coaster cross walks, rock & cross back

8&1 Cross L over R (8), step R to R side (&), touch L behind R (1) 12:00
2 – 3 Unwind ½ L onto R (2), turn ½ R on L pushing weight back on L and pointing R foot fwd (3) 12:00
4&5 – 6 Step R back (4), step L next to R (&), cross walk R over L (5), cross walk L over R (6) 12:00
7&8& Rock R fwd (7), recover back on L turning upper-body slightly L (&), cross R over L (8), step back on L (&) 12:00

[17 – 23] ¼ R lunge, recover ¼ L, turn 1 1/8 L sweep, run L R, L mambo, ball point, 3/8 sweep

1 – 3 Turn ¼ R lunging R to R side (1), turn ¼ L when recovering weight to L (2), turn ½ L stepping back on R but continuing to spin 5/8 L on R and sweeping L fwd (3)
4& Run L fwd (4), run R fwd (&) 10:30
5&6 Rock L fwd (5), recover back on R (&), step back on L (6) 10:30
&7 Point R backwards (&), turn 3/8 R onto R sweeping L fwd (7) 3:00

[24 – 32] Weave hitch, behind side cross, side rock cross, R basic, ¾ R, ½ R

8&1 Cross L over R (8), step R to R side (&), cross L behind R hitching R knee (1) 3:00
2&3 Cross R behind L (2), step L to L side (&), cross R over L (3) 3:00
&4& Rock L to L side (&), recover on R (4), cross L over R (&) 3:00
5 – 6& Step R a big step to R side (5), step L behind R (6), cross R over L (&) 3:00
7 – 8& Turn ¼ R stepping back on L continuing to sweep R foot a ½ R (7), step down on R (8), turn ½ R on R stepping back on L (&) 6:00

GOOD LUCK and HAPPY DANCING

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