

Over The Moon

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Steve Rutter (UK) & Claire Rutter (UK) - February 2017
音乐: Runaround Sue - The Overtones : (Album: Higher)



(32 Count Intro' From Start Of Main Beat - Before Main Vocals – 34 Secs).

Slower Practice Track: "Shut Up & Dance" by Walk The Moon (129 B.P.M – 3:17 mins) (8 Count Intro' – 4 Secs)

Section 1 – Toe Touches, Flick, Right Vine, Toe Touch.

1-2 Touch right toe to right side, touch right toe forward.
3-4 Touch right toe to right side, flick right foot back behind left leg.
5-6 Step right to right side, cross left behind right.
7-8 Step right to right side, touch left toe beside right (12 o'clock)

Section 2 – Toe Touches, Flick, Left Vine.

1-2 Touch left toe to left side, touch left toe forward.
3-4 Touch left toe to left side, flick left foot back behind right leg.
5-6 Step left to left side, cross right behind left.
7-8 Step left to left side, touch right toe beside left (12 o'clock)

Section 3 – (Step Forward To Diagonal, Toe Touch & Clap) x2, (Step Back To Diagonal, Toe Touch & Clap) x2.

1-2 Step right forward towards right corner, touch left toe beside right and clap.
3-4 Step left forward towards left corner, touch right toe beside left and clap.
5-6 Step right back towards right corner, touch left toe beside right and clap.
7-8 Step left back towards left corner, touch right toe beside left and clap. (12 o'clock)

Section 4 – Step Apart (Out, Out), Heel Bounces, Pivot 1/8 Turn Left x2.

1-2 Step right to right side, step left to left side (shoulder width apart from right)
3-4 Bounce heels twice bending knees slightly as you do so.
5-6 Step right forward, pivot one-eighth turn left.
7-8 Step right forward, pivot one-eighth turn left. (9 o'clock)

Enjoy!

E-Mail: steveandclaire@nulinedance.com