

Over and Over Again

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Andre Adhitama Rizal (INA) - July 2019
音乐: Over and over Again (feat. Ariana Grande) - Nathan Sykes



Intro to start dance on backing vocal

Tag

1 - 2 R Hand to Up
3 - 4 R Hand to Down
5 - 6 L Hand to Up
7 - 8 L Hand to down
1 - 2 Both your hands to up
3 - 4 Both your hands down
5 - 6 Both your hands to up
7 - 8 Both your hands down

I. CROSS-RECOVER-SIDE-CROSS WITH PRESS-RECOVER-BACK-BACK LIFE UP-ARABESQUE-PIVOT X2

12&3 Cross R over L, Recover on L, Step R to side, Cross with press L over R (01:30)
4&5&6 Recover on R, Step L back, Step R back with life up L, Step L fwd with life up R
7&8&& Step R fwd, Turn 1/2 Left Step L in place (07.30), Step R fwd, Turn 1/2 Left Step L in place (01:30)

II. 1/4 TURN LEFT CROSS-RECOVER-SIDE-CROSS WITH PRESS-RECOVER-BACK-BACK LIFE UP-ARABESQUE-ROCKING CHAIR

12&3 1/4 turn left Cross R over L (10:30), Recover on L, Step R to side, Cross with press L over R (01:30)
4&5&6 Recover on R, Step L back, Step R back with life up L, Step L fwd with life up R
7&8&& Rock fwd R, Recover on L, Back rock on R, Recover on L

Tag On Wall 3

1 - 2 Step R fwd, Hold

Started to Seq V

III. TURN 1/8 LEFT STEP-STEP-SIDE-BACK ROCK-RECOVER-TURN 1/4 LEFT STEP-STEP-STEP-SIDE-BACK-RECOVER-TURN 1/4 LEFT STEP

1 2 & Turn 1/8 Left Step R fwd (12:00), Step L fwd, Step R to side
3&4 Back rock L, Recover on R, Turn 1/4 Left Step L fwd (09:00)
5 6 & Step R fwd, Step L fwd, Step R to side
7 & 8 Back rock L, Recover on R, Turn 1/4 Left Step L fwd (06:00)

IV. STEP-SIDE-BACK-RECOVER-TURN 1/4 LEFT STEP-WITH STYLING HAND UP TO DOWN

1 2 & Step R fwd, Step L fwd, Step R to side
3 & 4 Back rock L, Recover on R, Turn 1/4 Left Step L fwd (03:00)
5 6 & Turn 1/4 left Step R to side (12:00) With styling Hands from up to down, R Hand from up to down, L Hand from up to down
7 8 With styling R Hand from down to up

V. TURN 1/8 RIGHT-WALK X3-TURN 1/2 LEFT-PIROUETTE-WALK X3 TURN 1/4 RIGHT PIROUETTE-WALK X3 WITH LIFT UP BACK-TURN 1/2 RIGHT WALK X3 WITH LIFT UP BACK

1 & 2. Turn 1/8 right Step L fwd (01:30), Step R fwd, Step L fwd with Turn 1/2 left R Pirouette (07:30)

- 3 & 4 Step R fwd, Step L fwd , Step R fwd with Turn 1/4 right L Pirouette (10:30)
- 5 & 6 Step L fwd (10:30), Step R fwd , Step L fwd with R lift up back
- 7 & 8 Turn 1/2 right Step R fwd (04:30), Step L fwd , Step R fwd with L lift up back

VI. SYNCOPATED- PRISSY WALK

- 1 & 2 Turn 1/8 left Cross L over R (03:00), Side rock to R (03:00), Recover on L
- & 3 & Cross R over L, Side rock to L, Recover on R
- 4 & 5 Step L fwd, Turn 1/4 left Step L to side (12:00), Recover on L,
- & 6 & Cross R over L, Side rock to L, Recover on R
- 7 8. Prissy walk L R

VII. TURN 1/8 RIGHT-WALK X3-TURN 1/2 LEFT-PIROUETTE-WALK X3 TURN 1/4 RIGHT PIROUETTE-WALK X3 WITH LIFT UP BACK-TURN 1/2 RIGHT WALK X3 WITH LIFT UP BACK

- 1 & 2. Turn 1/8 right Step L fwd (01:30), Step R fwd , Step L fwd with Turn 1/2 left R Pirouette (07:30)
- 3 & 4 Step R fwd, Step L fwd , Step R fwd with Turn 1/4 right L Pirouette (10:30)
- 5 & 6 Step L fwd (10:30), Step R fwd , Step L fwd with R lift up back
- 7 & 8 Turn 1/2 right Step R fwd (04:30), Step L fwd , Step R fwd with L lift up back

VIII. SYNCOPATED- PRISSY WALK

- 1 & 2 Turn 1/8 left Cross L over R (03:00), Side rock to R (03:00), Recover on L
- & 3 & Cross R over L, Side rock to L, Recover on R
- 4 & 5 Step L fwd, Turn 1/4 left Step L to side (12:00), Recover on L,
- & 6 & Cross R over L, Side rock to L, Recover on R
- 7 8. Prissy walk L, Touch R fwd

Back to Tag...

Enjoy the dance

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