

How Long (aka Over for You)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Heather-Zara Shepherd (AUS) - November 2022
音乐: Over For You - Morgan Evans



Two Easy Restarts

WALK FWD RL, SHUFFLE, 1/4 TURN SHUFFLE, KICK BALL CHANGE

1,2,3&4 Walk Forward, Right, Left, Shuffle Forward, RLR
5&6,7&8 Shuffle 1/4 to Left, (9.00) LRL, Right Kick Ball Change, Weight on Left

SAILOR, 1/4 TURN, SAILOR, 1/4 TURN, MONTEREY-TOUCH 1/4 TURN

1&2,3&4 Sailor step, RLR, Turning 1/4 to Right, (12.00)
 Sailor step, LRL, Turning 1/4 to Right, (3.00)
5&6,7&8 Monterey Turn - Point Right Toe to R, Step Together 1/4 Turn R, Point Left Toe to L side,
 Touch Left Toe to Right Foot. Weight on Right (6.00)

STEP L TO L SIDE, STEP R BEHIND L, SHUFFLE-1/2 TURN, ROCK BACK, RECOVER, PIVOT-1/2 TURN

1,2,3&4 Step Left to L side, Step Right behind Left, Shuffle 1/2 Turn LRL (12.00)
5,6,7,8 Rock Back on Right, Recover L, Pivot 1/2 Turn L, RL weight on Left (6.00)

* Restarts on 4th and 7th Walls

TWO 'V'S, 1/2 TURN SHUFFLES

1,2,3&4 Step Right foot forward 45 deg, Step Left foot forward 45 deg Turn 1/2 Turn L, Shuffle RLR
 (12.00)
5,6,7&8 Step Left foot forward 45 deg, Step Right foot forward 45 deg Turn 1/2 Turn R, Shuffle LRL
 (6.00)

Variation: Beginners, No Turn with Shuffles

Variation: Improvers, Full Turn Shuffles after V's

* Restarts -

: 4th Wall, Facing 6.00, after 1/2 Pivot Turn

: 7th Wall, Facing 12.00, after 1/2 Pivot Turn

(dance through the 3rd restart, I wanted to finish at the Front Wall.)

I hope you enjoy the dance.

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Facebook: Cosmic Country Line Dancing

YouTube: Cosmic Country Line Dancing by Zara