

Over Now

拍数: 40 墙数: 4 级数: Improver
编舞者: M. Vasquez (UK) - May 2023
音乐: Over Now - Kameron Marlowe



Section 1 - Step/Side Rock, Recover, Cross-Shuffle, Step/Side Rock, Recover, ¼ Sailor Turn

1-2 Step/Rock R foot to R side, recover to L
3-4 Cross R foot over L, step L to L side, cross R foot over L
5-6 Step/Rock L foot to L side, recover to R
7&8 Cross L foot behind R, step R foot to R side, turn ¼ turn L stepping forward on L

Section 2 - Step/Rock Forward, Recover, Shuffle Back, Step/Rock Back, Recover, Shuffle Forward

1-2 Step/Rock forward on R foot, recover back on L.
3&4 Step back on R foot, step L next to R, step back on R.
5-6 Step/Rock back on L foot, recover forward on R
7&8 Step forward on L foot, step R foot next to L, step forward on L.

Section 3 - Step/Rock Forward, Recover, Turning ½ R Shuffle. Triple ½ turn R, R Coaster Step

1-2 Step/Rock forward on R foot, recover back on L.
3&4 Turning ½ turn R step forward on R foot, step L next to R, step forward on R.
5&6 Triple in place turning ½ R and stepping left, right, left.
7&8 Step back on R foot, step L next to R, step forward on R.

Section 4 - Step/Rock Back, Recover, Triple ½ turn Right, Step/Rock Back, Recover, Triple ½ Turn Left

1-2 Step/Rock back on L foot, recover forward on R
3&4 Triple in place turning ½ right and stepping left, right, left.
5-6 Step/Rock back on R foot, recover forward on L
7&8 Triple in place turning ½ left and stepping right, left, right.

Section 5 - L Coaster Step, Step/Rock Back, Recover, Triple ½ turn L, Side-Together-Forward

1&2 Step back on L foot, step R next to L, step forward on L
3-4 Step/Rock back on R foot, recover forward on L
5&6 Triple in place turning ½ left and stepping right, left, right
7&8 Step L to L side, step R next to L transferring weight to R foot, step forward on L

E-mail: matt.vasquez@rocketmail.com