

Over Again

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Katharine Daley (UK)
音乐: All Over Again - Ronan Keating & Kate Rusby



SYNCOPATED SIDE ROCKS, WITH STEP ¼, STEP ½

1-2& Step right to right side, rock back left behind right, recover on right
3-4& Step left to left side, rock back right behind left, recover on left
5-6& Step right and make a ¼ turn right, step forward on left and make a ½ turn left

STEP MAMBO ROCK FORWARD AND BACK, STEP ½ LEFT

7-8& Step forward on left, mambo rock right forward, recover on left
9-10& Step back on right, mambo rock back on left, recover on right
11-12& Step forward on left, step forward on right and make a ½ turn left

STEP MAMBO ROCK FORWARD AND BACK, STEP ¼ TURN RIGHT

13-14& Step forward on right, mambo rock forward on left, recover on right
15-16& Step back on left, mambo rock back on right, recover on left
17-18& Step forward on right, step forward on left and make a ¼ turn right

HINGE TURN LEFT WITH SYNCOPATED ROCKS

19-20& Cross left over right, make a ½ turn left stepping right then left
21-22& Cross rock right, recover on left, step right to right side
23-24& Cross rock left, recover on right, step left on left side

STEP FORWARD, STEP ½ RIGHT, STEP FULL TURN, SIDE STEP AND HIP SWAYS

25 Step forward on right
26& Step forward on left & make ½ turn right
27-28& Step forward on left, make a full turn left stepping right & left

Option to turn: you can step right and left forward

29-30-31-32 Step right to right side and sway hips (repeat 3 times)

REPEAT
