

# Lessons Over The Years (L O T Y)

**COPPER** KNOB  
BY STEPHEN METZ

拍数: 34      墙数: 4      级数: Improver  
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音乐: Over the Years - Isla Grant



**1-8 RIGHT  
CROSS ROCK,  
BACK LOCK  
STEPS, SIDE  
CROSS, SIDE  
RECOVER**

1-2 Cross R  
over L, recover  
weight on L,  
&3&4 Sweep R  
behind L(&),  
step R behind  
L(3), lock step L  
over R(&), step  
R back (4)  
5-6 Step to left  
on L, cross R  
over L  
7-8 Step left on  
L(7), recover  
weight on R  
(Dance steps  
1-4 diagonally,  
facing 10.30 -  
square up to  
12.00 on steps  
5-8)

**9-16 LEFT  
CROSS ROCK,  
BACK LOCK  
STEPS, SIDE  
CROSS, SIDE  
ROCK TOUCH**

1-2 Cross L  
over R, recover  
weight on R  
&3&4 Sweep L  
behind R(&),  
step L behind  
R(3), lock step  
R over L(&),  
step L back (4)  
5-6 Step to right  
on R, cross L  
over R

7&8 Step right  
on R(7), recover  
weight on L(&),  
touch R beside  
L (8)  
(Dance steps  
9-12 diagonally,  
facing 1.30 -  
square up to  
12.00 on steps  
13-16)

**17-24 RIGHT  
FORWARD/LEF  
T FORWARD  
SHUFFLE,  
PIVOT 1/2  
TURN,  
FORWARD  
SHUFFLE**

1&2 Step R  
forward, close L  
beside R, step  
R forward  
3&4 Step L  
forward, close R  
beside L, step L  
forward  
5-6 Step R  
forward, pivot  
1/2 turn left  
7&8 Step R  
forward, close L  
beside R, step  
R forward

**25-32 VINE TO  
LEFT, VINE TO  
RIGHT WITH  
1/4 LEFT  
TURN**

1-2 Step L to  
left, cross step  
R behind L  
&3-4 Step L to  
left, cross step  
R over L, rock L  
to left  
5-6 Recover  
weight on R,  
cross step L  
behind R  
&7-8 Step R to  
right, cross step  
L over R, step  
back on R with  
a 1/4 turn left  
(3.00 wall)

### **33-34 STEP BACK, POINT**

1-2 Step back  
on L, point R to  
right

### **RESTARTS**

There are **TWO**  
restarts:

During Wall 5  
(12.00 wall),  
dance until  
count 16 and do  
a 2-count sway  
to the right and  
left. Start Wall 6  
from count 1,  
dance again  
until count 16  
and do the 2-  
count sway to  
the right and  
left, restart  
dance (Wall 7)  
from count 1.

### **ENDING**

During the last  
wall (Wall 8-  
starting at 3.00),  
you will end  
facing the back  
wall - to end  
facing the front  
wall, do counts  
33-34 as  
follows:  
Do a 1/2 turn  
left as you step  
on L, point R to  
right and pose.

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