

It's Over

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Simpkin (AUS) & Joshua Talbot (AUS) - April 2017
音樂: Over - James Blunt : (Album: The Afterlove - iTunes)



Dance starts on the heavy drum beats, approx. 16 seconds

[1-8] □ SYNCOPATED WEAVE, SIDE ROCK, RECOVER

12&34 Step R to R, step L behind R, step R to R, cross L over R, step R to R
5&678 Step L behind R, step R to R, cross L over R, rock R to R, recover weight L

[9-16] □ CROSS SHUFFLE, ¼, ½, FULL, PUSH BACK, ½, ¼ SIDE

1&234 Cross R over L, step L to L, cross R over L, ¼ R step L back, ½ R step R fwd
&5678 ½ R step L back, ½ R step R fwd (push), recover weight L, ½ R step R fwd, ¼ R step L to L

[17-24] □ BEHIND & CROSS, SIDE, R SAILOR, BEHIND & CROSS SHUFFLE

1&23 Step R behind L, step L to L, step R over L, step L to L
4&5 Step R behind L, step L to L, step R to R
6&7&8 Step L behind R, step R to R, cross L over R, step R to R, cross L over R

[25-32] □ TOUCH, HOLD, DOUBLE KICK, TOUCH HOLD, ¼ CROSS HEEL JACK

&12 Jump R to R, touch L fwd to L diagonal, hold
&34 Jump L together, double kick R to L diagonal
&56 Jump R to R, touch L fwd to L diagonal, hold
&7&8 Jump L together, cross R over L, ¼ R step L back, touch R heel fwd

[33-40] □ ROCK, RECOVER, ½ SHUFFLE, PIVOT ½, ROLL

&12 Step R together, rock L fwd, recover weight R
3&4 ½ L step L fwd, step R together, step L fwd
5678 Step R fwd, ½ L take weight L, ½ L step R back, ½ L step L fwd

[41-48] □ ¼ HOLD, HINGE ½ HOLD, SAILOR, BEHIND & CROSS, SIDE

1234 ¼ L step R to R, hold, hinge ½ R step L to L, hold
5&6 Step R behind L, step L to L, step R to R
7&8& Step L behind R, step R to R, cross L over R, step R next to L

[49-56] □ SIDE, TOUCH, R KICK BALL CHANGE, ½ PIVOT, ¼ SIDE, BEHIND

12 Jump L to L, quickly drag R towards L touch together (click hands out to side)
3&4 Kick R fwd, step R next to L, step L fwd
5678 Step R fwd, ½ L take weight L, ¼ L step R to R, step L behind R

[57-64] □ FIGURE 8

1234 ¼ R step R fwd, step L fwd, ½ R take weight R, ¼ R step L to L,
5678 Step R to R, ¼ L step L fwd, step R fwd, ½ L take weight L

[64] counts

RESTART: WALL 3; Dance to count '31'. Replace count 32 with a heel to the back wall instead of ¼ R

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