

It's Not Over

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Glynn Rodgers (UK) - January 2018
音樂: 'Til I'm Done - Paloma Faith



Count in: 16 Counts, Start on Vocals

Phrasing: 8 count Tag danced once after wall 5 facing 6:00

[1-8] Walk Right-Left, Quick Side Rock, Step, ¼ Twist, Heel Twists, ¼ Hook.

- 1-2 Walk forward right-left.
- &3-4 Rock right to right side, recover weight on to left, step right foot forward.
- 5-6 Turn ¼ left twisting heels forward/right, twist heels to left.
- 7& Twist heels right, twist heels left.
- 8 Turn ¼ left on the ball right foot as you hook left leg below right knee.

[9-16] Step, ½ Turn, Shuffle ½ Turn, Right Mambo Step, ¼ Turn, Point.

- 1-2 Step forward left, turn ½ left stepping back right.
- 3&4 Make ¼ turn left stepping side left, close right to left, turn ¼ left stepping forward left.
- 5&6 Rock forward right, recover weight on to left, close right to left.
- 7-8 Turn ¼ left stepping left to left side, point right to right side.

[17-24] Ball Cross, Hold & Behind, Side, Cross Rock, Chasse ¼ Turn.

- &1-2 Close right to left, cross left over right, hold.
- &3-4 Step right to right side, cross left behind right, step right to right side.
- 5-6 Cross rock left over right, recover weight on to right foot.
- 7&8 Step left to left side, close right to left, turn ¼ left stepping forward left.

[25-32] Out-Out, Back Rock, Full Turn, Pivot ½ Turn – with arm flexes

- 1 Step right out to right side as you raise your right arm up, bent at the elbow with fist clenched.
- 2 Step left out to left side as you raise your left arm up, bent at the elbow with fist clenched.

Think macho man with the above arm stance – hold this position until count 32 and then drop then as you start the dance again. In the verse, this will come when she sings “Hero”

- 3-4 Rock back right, recover weight on to left.
- 5-6 Make full turn left as you travel forward stepping right-left.
- 7-8 Step forward right, pivot ½ turn left.

TAG: Danced once after wall 5 facing 6:00

[1-8] Rock Step, Coaster Step, Rock Step, Coaster Step.

- 1-2 Rock forward right, recover weight on to left.
- 3&4 Step back right, close left to right, step forward right.
- 5-6 Rock forward left, recover weight on to right.
- 7&8 Step back left, close right to left, step forward left.