

Over An Out

拍數: 128 牆數: 2 級數:
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音樂: Getting Used to Getting Over You - Gina Jeffreys



RIGHT KICK, TOUCH, RIGHT KICK, STEP, LEFT KICK, TOUCH, LEFT KICK, STEP

- 1-2 Kick right foot forward at 45 degrees right, touch right toe in behind left foot
- 3 Kick right foot forward at 45 degrees right
- 4 Step right foot down in front of left
- 5-6 Kick left foot forward at 45 degrees left, touch left toe in behind right foot
- 7 Kick left foot forward at 45 degrees left
- 8 Step left foot down in front of right

RIGHT TOE TAP, RIGHT HEEL TAP, RIGHT JUMP, TAP, LEFT JUMP, TAP, RIGHT JUMP, TAP

- 9-10 Tap right toe behind twice
- 11-12 Tap right heel forward twice
- 13-14 Jump right onto right foot, tap left toe in behind right with finger snaps
- 15-16 Jump left onto left foot, tap right toe in behind left with finger snaps
- 17-18 Repeat steps 13-14 inclusive

LEFT GRAPEVINE, STOMP

- 19-20 Step left onto left foot, step right foot across behind left
- 21-22 Step left onto left foot, step right foot across in front of left
- 23-24 Step left onto left foot, stomp right foot in beside left

¼ PIVOT, ½ PIVOT, FORWARD ROLLING VINE

- 25 Step forward onto right foot
- 26 Pivot ¼ turn left ending weight on left foot
- 27 Step forward onto right foot
- 28 Pivot ½ turn left ending weight on left foot

The following rolling vine is performed as you turn a full turn right traveling forward along the floor.

- 29 Step forward onto right foot to commence full right turn
- 30 Step onto left foot to continue full right turn
- 31 Step onto right foot to complete full right turn
- 32 Step forward onto left foot

SCUFF, STEP, SCUFF, STEP, ½ TURN WITH HEEL, TOE TOUCHES, STOMP

- 33-34 Scuff right foot forward thru, step forward onto right foot
- 35-36 Scuff left foot forward thru, step forward onto left foot
- 37 Touch right heel in front of left foot
- 38 Pivot 1/8 turn left as you touch right toe in front of left foot
- 39-40 Touch right heel in front of left foot, stomp right in beside left

LEFT HEEL/TOE, RIGHT HEEL/TOE, REGGAE

- 41-42 Step forward onto heel of left foot, drop left toes to floor
- 43-44 Step forward onto heel of right foot, drop right toes to floor
- 45-46 Step left across in front of right, step backwards onto right foot
- 47-48 Step left onto left foot, touch left foot in beside right

LEFT HEEL JACKS, RIGHT HEEL JACKS, REPEAT

- 49-50 Jump backwards at 45 degrees right onto right tapping left 45 heel & then jumping feet together
- 51-52 Jump backwards at 45 degrees left onto left tapping right 45 heel & then jumping feet together
- 53-56 Repeat above steps 49-50 & 51-52

LEFT TOE/HEEL, BACK ROCK, RIGHT HEEL/TOUCH, BACK ROCK

- 57-58 Step left onto left toes, drop left heel to floor
- 59-60 Rock backwards onto right foot, rock forward onto left foot
- 61-62 Step right onto right toes, drop right heel to floor
- 63-64 Rock backwards onto left foot, rock forward onto right foot

½ TOE/HEEL TURN, BACK ROCK, ½ TOE/HEEL TURN, BACK ROCK,

- 65 Step forward onto toes of left foot
- 66 Pivot ½ turn right as you drop left heel
- 67-68 Rock backwards onto right foot, rock forward onto left
- 69 Step forward onto toes of right foot
- 70 Pivot ½ turn left as you drop right heel
- 71-72 Rock backwards onto left foot, rock forward onto right

1 ½ ROLLING VINE WITH SNAPS, BACK ROCK

- 73 Step forward onto left foot
- 74 Pivot ½ turn right on ball of left foot with finger snaps
- 75 Step backwards onto right foot
- 76 Pivot ½ turn right on ball of right foot with finger snaps
- 77 Step forward onto left foot
- 78 Pivot ½ turn right on ball of left foot with finger snaps
- 79-80 Rock backwards onto right foot, rock forward onto left foot

FORWARD STEP/SCOOT

- 81 Step forward onto right foot
- 82 Scoot forward on right foot as you kick left foot forward
- 83 Step forward onto left foot
- 84 Scoot forward on left foot as you kick right foot forward
- 85-87 Repeat steps 81 to 83
- 88 Stomp right foot in beside left to change weight

LEFT TOE/HEEL TOUCHES, STOMP

- 89-90 Touch left toe into right instep and hold
- 91-92 Touch left heel into right instep and hold
- 93 Touch left toe into right instep as you swivel left on ball of right foot
- 94 Touch left heel into right instep as you swivel left on heel of right foot
- 95 Touch left toe into right instep as you swivel left on ball of right foot
- 96 Stomp left foot in beside right to change weight

ACROSS, BACK, TURN, SCUFF, ACROSS, BACK, TURN, TOGETHER

- 97 Rock forward across at 45 degrees left in front of left stomping right
- 98 Rock backwards onto left foot
- 99 Turn ½ turn right on stepping onto right foot
- 100 Scuff left foot forward through
- 101 Rock forward across in front of right foot stomping left
- 102 Rock backwards onto right foot
- 103 Turn to face same direction as in step 96 stepping onto left foot
- 104 Touch right foot in beside left

REPEAT LAST 16 STEPS IN MIRROR IMAGE

105-120 Repeat steps 89 to 104

APART, CROSS, RIGHT HEEL JACK, APART, CROSS, LEFT HEEL JACK

121-122 Jump both feet apart, jump feet together crossing right over left

123-124 Jump backwards at 45 degrees left onto left foot tapping right 45 heel then jumping feet together

125-128 Repeat steps 121 to 124 in mirror image

REPEAT
