

Over And Out

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Get Over It - Eagles



HEEL DIG, TOGETHER, ¼ LEFT HEEL DIG, TOGETHER, 2X SIDE TOE TOUCH-TOGETHER, (9:00)

- 1-2 Dig right heel forward, step right foot next to left
- 3-4 Turn ¼ left & dig left heel forward, step left foot next to right
- 5-6 Touch right toe to right side, step right foot next to left
- 7-8 Touch left toe to left side, step left foot next to right

SIDE TOE TOUCH, ¼ RIGHT STEP BACKWARD, BACKWARD SHUFFLE, STEP BACKWARD, ½ LEFT STEP FORWARD, KICK BALL BACK TOUCH, (6:00)

- 9-10 Touch right toe to right side, turn ¼ right & step backward onto right foot
- 11&12 Step backward onto left foot, close right foot next to left, step backward onto left foot
- 13-14 Step backward onto right foot, turn ½ left & step forward onto left foot
- 15&16 Kick right foot forward, step right foot next to left, touch left toe backward

PIVOT ½ LEFT, STEP FORWARD, FORWARD SHUFFLE, ROCK FORWARD, ROCK, ¼ RIGHT SIDE STEP, TOGETHER TAP, (3:00)

- 17-18 (Dropping left heel) pivot ½ left, step forward onto right foot
- 19&20 Step forward onto left foot, close right foot next to left, step forward onto left foot
- 21-22 Rock forward onto right foot, rock onto left foot
- 23-24 Turn ¼ right & step right foot to right side, tap left toe next to right foot

HEEL DIG, TOGETHER, ¼ RIGHT HEEL DIG, TOGETHER, 2X SIDE TOE TOUCH-TOGETHER, (6:00)

- 25-26 Dig left heel forward, step left foot next to right
- 27-28 Turn ¼ right & dig right heel forward, step right foot next to left
- 29-30 Touch left toe to left side, step left foot next to right
- 31-32 Touch right toe to right side, step right foot next to left

SIDE TOE TOUCH, ¼ LEFT STEP BACKWARD, BACKWARD SHUFFLE, STEP BACKWARD, ½ RIGHT STEP FORWARD, KICK BALL BACK TOUCH, (9:00)

- 33-34 Touch left toe to left side, turn ¼ left & step backward onto left foot
- 35&36 Step backward onto right foot, close left foot next to right, step backward on right foot
- 37-38 Step backward onto left foot, turn ½ right & step forward onto right foot
- 39&40 Kick left foot forward, step left foot next to right, touch right toe backward

PIVOT ½ LEFT, STEP FORWARD, FORWARD SHUFFLE, ROCK FORWARD, ROCK, STEP BACKWARD, TOGETHER TAP, (3:00)

- 41-42 (Dropping right heel) pivot ½ right, step forward onto left foot
- 43&44 Step forward onto right foot, close left foot next to right, step forward onto right foot
- 45-46 Rock forward onto left foot, rock onto right foot
- 47-48 Step backward onto left foot, tap right toe next to left foot

REPEAT

DANCE FINISH

The dance will finish on count 40 of the 10th wall (facing 'home'). Just add (optional) 'left hand on hat brim and right hand on right hip' to count 40