

Over & Over Again

拍數: 32 牆數: 4 級數: Improver
編舞者: TeXaS
音樂: Over and Over (feat. Tim McGraw) - Nelly



WALK, WALK, LOCK STEP BACK, ½ SHUFFLE TURN LEFT, MAMBO STEP

1-2 Walk forward right, left
3&4 Step back on right, cross left across right, step back on right
5&6 Left shuffle back turning ½ turn left, stepping left-right-left
7&8 Rock forward on right, recover on left, step right next to left

BACK CROSS TAP X 4 (MOVING BACK), SIDE, CROSS OVER, SIDE, SAILOR STEP HEEL

&1 Step back on left, tap right toe across left
&2 Step back on right, tap left toe across right
&3 Step back on left, tap right toe across left
&4 Step back on right, tap left toe across right
&5-6 Step left to left, step right across left, left to left side
7&8 Step right behind left, step left together, tap right heel diagonally forward

CROSS, ¼ LEFT, SIDE SHUFFLE, KICK BALL STEP, ¼ HEEL BOUNCES

&1-2 Step right beside left, cross left over right, make ¼ turn to left and step back on right
3&4 Make ¼ to left stepping left to left, step right beside left, step left to left side
5&6 Kick right foot forward, step right beside left, step left forward
7&8 Bounce heel three times making ¼ turn right (weight end on left)

KICK CROSS POINT, KICK CROSS POINT, HEEL JACKS TWICE

1&2 Kick right foot forward, step right across left, point left toe to left side
3&4 Kick left foot forward, step left across right, point right toe to right side
&5&6 Step right across left, step diagonally back left, touch right heel diagonally forward right, step right beside left
&7&8& Step left across right, step diagonally back right, touch left heel diagonally forward left, step left beside right

REPEAT
