

Over My Shoulder

拍數: 32 牆數: 2 級數: Improver
編舞者: Geri Morrison (UK)
音樂: Over My Shoulder - Mike + The Mechanics



ROCK BACK, RECOVER, ½ LEFT TURN SHUFFLE BACK, ROCK BACK, RECOVER, ½ TURN RIGHT, SHUFFLE BACK

1-2 Rock back on right (look back over right shoulder at same time) recover weight on left
3&4 Turning ½ left, shuffle back (right, left, right)
5-6 Rock back on left (look back over left shoulder at same time) recover weight on right
7&8 Turning ½ right, shuffle back (left, right, left)

½ TURN SHUFFLE, CROSS BACK, & CROSS POINT, CROSS SHUFFLE

1&2 Turning ½ right, shuffle forward (right left right)
3-4 Cross left over right, step back on right
&5 Step left next to right, cross right over left
6 Point left to left side
7&8 Cross shuffle (left, right, left,) facing 6:00

HIP BUMPS ¼ TURN SAILOR, SKATE RIGHT LEFT, ROCK RECOVER ½ TURN STEP,

1&2 Step right to right side (bumping hips right, left, right)
3&4 Left sailor, turning ¼ left
5-6 Skate forward right, left
7&8 Rock forward on right, recover weight on left, turn ½ turn right stepping forward on right

ROCK RECOVER ¼ TURN LEFT, RIGHT SAILOR, TOUCH KICK, SHUFFLE BACK

1&2 Rock forward on left, recover weight on right, turn ¼ left stepping to left side
3&4 (Right sailor) step right behind left, step side left, step side right
5-6 Touch left beside right, kick left forward,
7&8 Shuffle back, left, right, left, (facing 6:00)

REPEAT

TAG

At the end of 3rd wall and 5th wall

MAMBO BACK MAMBO FORWARD

1&2 Rock back on right, recover weight on left, step right beside left
3&4 Rock forward on left, recover weight on right, step left next to right

TAG

At end of 7th wall

1-4 Repeat above mambo counts,
5-6 Rock back on right, recover weight on left
7-8 Rock forward on right, recover weight on left