

Over You

拍數: 0 牆數: 0 級數:
編舞者: Anna Watson (UK)
音樂: I'm Over You - Martine McCutcheon



Sequence: A, A-, B, B, C, A-, BBB

PART A

SQUARE TO THE RIGHT

1-4 Step right to right side, bring left to meet right, step back on right, tap left next to right
5-8 Step left to left side, bring right to meet left, step forward on left, tap right next to left

HEEL, HEEL, ¼ TURN RIGHT, SCUFF, HITCH, DOWN

1-4 Right heel dig, replace next to left, left heel dig, replace next to right (¼ turn right)
5-8 Scuff hitch right knee, replace right down next to left, hold

ROCK RECOVER STEP HOLD REPEAT

1-2 Rock left forward, recover right
3-4 Step left next to right, hold
5-6 Rock right back, recover left
7-8 Step right next to left. Hold

¼ TURN ROCK CROSS HOLD, ROCK CROSS HOLD

1-2 Rock forward on left, make ¼ turn right, recover on right
3-4 Cross left over right hold
5-6 Rock right to right side, recover on left
7-8 Cross right over left, hold

ROCK RECOVER STEP, SWING, SWING

1-4 Rock forward left recover right, step back left hold
5-6 Swing right leg (low) back, stepping on right
7-8 Swing left leg (low) back, stepping on left

LOCK RIGHT, LEFT, RIGHT, ¼ TURN RIGHT HOLD

1-2 Lock right behind left, step left forward
3-4 Lock right behind left, putting weight on right, bend left knee
5-6 Rock forward left recover right (¼ turn right,)
7-8 Hold (keeping weight on right. Foot)

LOCK LEFT RIGHT LEFT HOLD, RIGHT LEFT RIGHT HOLD

1-4 Step forward left, lock right behind left, step forward left, hold
5-8 Step forward right, lock left behind right, step forward right hold

½ TURN BOUNCING, LOCK FORWARD LEFT RIGHT LEFT

1-3 On balls of feet, bounce/heel raises, ½ turn to left
4 Hold
5-8 Step left, lock right behind left, step left, hold

Part A- is danced as start of Part A, up to "¼ TURN ROCK CROSS HOLD, ROCK CROSS". At the end of A-, the last cross rock becomes a rock and touch, ready to start Part B on right foot

PART B

STEP SLIDE, SLOW KICK BALL CHANGE, TWICE

- 1-4 Step right to right side, sliding left to right
5-8 Kick left forward, replace next to right, change weight on to right, hold
9-16 Repeat 1-8 to the left with a right kick ball change
On counts 3&7 click fingers

HIP ROLLS/BUMPS

- 1-4 Step forward right, roll /bump hips twice
5-8 Step forward left, roll/bump hips twice

½ TURN, FULL TURN

- 1-2 Step right forward ½ pivot turning left
3-4 Step forward right, hold
5-8 Full turn to right turning left right left

Part B is always danced on the chorus

PART C

ELVIS KNEES, STEP TOGETHER

- 1-2 Bend left knee in
3-4 Bend right knee in
5-6 Bend left knee in
7-8 Bring right foot in to meet left

Keep weight on left, ready to start dance again from Part A
