

So Over It

拍數: 48 牆數: 4 級數: Intermediate
編舞者: JoJo Fawcett (UK) & Emma Green
音樂: Over It - Katharine McPhee



RUMBA BOX, BACK LOCK STEP, SAILOR STEP RIGHT

1&2 Step left to left side slide right together, step left forward slide right together
3&4 Step right to right side slide left together, step right back slide left together
5&6 Step left back, lock right over left, step left back
7&8 Cross right behind left step left to side step right together

SAILOR STEP LEFT, PUSH FULL TURN OVER LEFT SHOULDER, ¼ TURNING HEEL JACK

1&2 Cross left behind right, step right to side, step left together
3&4& Point right toe forward push round ¼ turn twice
5&6& Point right toe forward push round ¼ turn twice
7&8& Cross right over left, step left back making ¼ turn heel right, step right next to left. (9:00)

LEFT SHUFFLE FORWARD, STEP TURN STEP OVER LEFT SHOULDER, 2 WALKS FORWARD, LUNGE LEFT

1&2 Step left forward close right behind left step left forward
3&4 Step right forward turn ½ step right forward
5-6 Walk left and right
7-8 Lunge left forward recover onto right

LEFT COASTER ¼ TURN, STEP TURN STEP, STEP TURN STEP, RIGHT MAMBO

1&2 Step left back turn a ¼ onto right step left next to right
3&4 Right step forward turn ½ step forward on right
5&6 Left step forward, turn ½, step forward on left
7&8 Step right slightly forward recover weight onto left step right beside left

SLIDE LEFT, REVERSE ROCKING CHAIR, SLIDE RIGHT, REVERSE ROCKING CHAIR

1& Long step left slide right beside left
2& Step right slightly back recover weight onto left
3& Step right slightly forward recover weight onto left
4 Touch right beside left
5& Long step right slide left beside right
6& Step left slightly back recover weight onto right
7& Step left slightly forward recover weight onto right touch
8 Touch left next to right

1 ¼ ROLL LEFT, CROSS AND ROCK, CROSS AND ROCK, HEEL FORWARD, TOE BACK, ½ TURN OVER RIGHT SHOULDER

1&2 ¼ turn with left foot, ½ turn with right foot, ½ turn with left foot
3&4 Cross right over left, rock left to left side replace onto right
5&6 Cross left over right, rock right to right side replace onto left tap right next to left
7& Right heel forward touch right toe back
8 Pivot ½ over right shoulder with weight on right foot

REPEAT

TAG

Second wall after left coaster ¼, step turn step, step turn step, right mambo

And start of wall 5 repeat twice

- | | |
|-----|----------------------|
| 1&2 | Left shuffle forward |
| 3&4 | Step turn step |
| 5&6 | Left rock and cross |
| 7&8 | Right rock and cross |
-