

Over And Out

拍數: 48 牆數: 1 級數: Beginner
編舞者: William Sevone (UK)
音樂: Get Over It - Eagles : (CD: The Complete Greatest Hits)



Dance starts on the vocals after the short musical break - where you can all SHOUT out the count-in '5.6.7.8'.

Choreographers note:- Time to really 'curl the boards' and burn up the floor. It's fast n' furious. ?and a lot ?heavier? than the gentler type of rock we are used to from the Eagles.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Heel Dig. Together. 1/4 Left Heel Dig. Together. 2x Side Touch-Together. (9:00)

- 1 - 2 Dig right heel forward. Step right next to left.
- 3 - 4 Turn 1/4 left & dig left heel forward. Step left next to right.
- 5 - 6 Touch right toe to right side. Step right next to left.
- 7 - 8 Touch left toe to left side. Step left next to right .

Side Touch. 1/4 Right Step Bwd. Bwd Shuffle. Bwd. 1/2 Left Step Fwd. Kick Back Touch. (6:00)

- 9 - 10 Touch right toe to right side. Turn 1/4 right & step backward onto right.
- 11& 12 Shuffle backward stepping: L.R-L.
- 13 - 14 Step backward onto right. Turn 1/2 left & step forward onto left.
- 15& 16 Kick right forward, step right next to left, touch left toe backward.

Pivot 1/2 Left. Fwd. Fwd Shuffle. Rock. Rock. 1/4 Right Side Step. Tap Together. (3:00)

- 17 - 18 Pivot 1/2 left (dropping heel and weight change to left). Step forward onto right foot.
- 19& 20 Shuffle forward stepping: L.R-L.
- 21 - 22 Rock forward onto right foot. Rock onto left foot.
- 23 - 24 Turn 1/4 right & step right to right side. Tap left toe next to right foot.

Heel Dig. Together. 1/4 Right Heel Dig. Together. 2x Side Touch-Together. (6:00)

- 25 - 26 Dig left heel forward. Step left next to right.
- 27 - 28 Turn 1/4 right & dig right heel forward. Step right next to left.
- 29 - 30 Touch left toe to left side. Step left next to right.
- 31 - 32 Touch right toe to right side. Step right next to left .

Side Touch. 1/4 Left Step Bwd. Bwd Shuffle. Bwd. 1/2 Right Step Fwd. Kick Back Touch. (9:00)

- 33 - 34 Touch left toe to left side. Turn 1/4 left & step backward onto left.
- 35& 36 Shuffle backward stepping: R.L-R.
- 37 - 38 Step backward onto left. Turn 1/2 right & step forward onto right.
- 39& 40 Kick left forward, step left next to right, touch right toe backward.

Pivot 1/2 Left. Fwd. Fwd Shuffle. Rock. Rock. Bwd. Tap Together. (3:00)

- 41 - 42 Pivot 1/2 right (dropping heel and weight change to right). Step forward onto left foot.
- 43& 44 Shuffle forward stepping: R.L-R.
- 45 - 46 Rock forward onto left foot. Rock onto right foot.
- 47 - 48 Step backward onto left. Tap right toe next to left foot.

DANCE FINISH: The dance will finish on count 40 of the 10th wall (facing 'home')