

Over It

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - October 2007
音樂: Over It - Ashley Tisdale



Intro : 16 count after the vocal

BACK AND BACK, ¼ TURN, OUT OUT, SAILOR CROSS, ¾ TURN

1-2 Rf stepping back, Lf stepping back (12:00)
&3&4 ¼ turn, Rf hitch and stepping out, Lf hitch and stepping out weight onto both feet (3:00)
5&6 Rf step behind Lf, Lf stepping to the left, Rf step across Lf, weight onto both feet (3:00)
7-8 Rf+Lf turn ¾ left, take weight onto Lf (6:00)

BACK AND BACK, ¼ TURN, OUT OUT, SAILOR CROSS, ¾ TURN

9-10 Rf stepping back, Lf stepping back (6:00)
&11&12 ¼ turn, Rf hitch and stepping out, Lf hitch and stepping out weight onto both feet (9:00)
13&14 Rf stepping behind Lf, Lf stepping to the left, Rf step across Lf, weight onto both feet (9:00)
15-16 Rf+Lf turn ¾ left, take weight onto Lf (12:00)

Note: Bridge: On the 5th wall you get a bridge in the music, than you repeat the steps 1 – 16

SYNCOPATED POINTS FWD, BODY MOVEMENT, SCOOT FWD, BODY MOVEMENT

17&18& Rf point across forward left, Rf stepping to the right. Weight onto Rf (12:00)
19&20& Lf point across forward right, Lf stepping to the left weight on both feet (12:00)
21-22 Turning your body around CCW holding weight onto both feet
&23-24 Scoot onto both feet forward slightly, turning your body around CCW holding weight onto both feet (12:00)

MAKE ¼ TURN SIDE TAP, ¼ TURN SIDE TAP, ¼ TURN SIDE TAP, SIDE TAP

25-26 Rf stepping forward with ¼ turn left, Lf tap next to Rf weight onto Rf (9:00)
27-28 Lf stepping forward with ¼ turn left, Rf tap next to Lf weight onto Lf (6:00)
29-30 Rf stepping forward with ¼ turn left, Lf tap next to Rf weight onto Rf (3:00)
31-32 Lf stepping to the left, Rf tap next to Lf weight onto Lf (3:00)

ONE WIZARD OF OZ STEP FWD, ¼ TURN, WIZARD OF OZ STEPS FWD, TOUCH

33-34& Rf stepping diagonal forwards on heel, Lf lock behind Rf, Rf step center
&35-36& ¼ turn left, Lf stepping diagonal forwards on heel, Rf lock behind Lf, Lf step center (12:00)
37-38& Rf stepping diagonal forwards on heel, Lf lock behind Rf, Rf step center (12:00)
39-40 Lf stepping diagonal forwards on heel, Rf touch next to Lf (12:00)

BRUSH FWD & SIDE, BEND, BEND, ARM MOVEMENT, KICK R OUT, HITCH, ¼ SAILOR & FWD

41&42 Rf brush forward, Rf stepping to the right take weight onto both feet (12:00)
43-44 Rf+Lf bend two times up and down and flex your knees
At the same time move your hands up and down like Yeah! Yeah!
&45-46 Step Rf next to Lf, kicking Lf out to the left, HOLD (12:00)
47&48 Lf make hitch, Lf step behind Rf, Rf stepping to the right with ¼ turn right, Lf stepping forward weight onto Lf (3:00)