

I'm Over You

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alan Haywood (UK) - January 2008
音樂: You're No Good - Lulu : (Album: Soul In Your Heart)



Intro - 16 counts – start on vocals

Section 1

Forward toe touches R&L&R, hold, making ¼ L toe touches &L&R& step L, hold

1&2 Touch right toe forward, step right next to left, touch left toe forward
&3-4 Step left next to right, touch right toe forward, hold for one count
&5&6&7 Whilst making ¼ turn left toe touches forward &left & right & step left forward
8 Hold for one count (9 o'clock)

Section 2

R kick ball step, 2 count full turn left, ¼ L rock and cross, L side shuffle

1&2 Kick right forward, step right next to left, step left forward
3-4 Pivot ½ turn left stepping back right, pivot ½ turn left stepping left forward

Easy option: Walk forward right left

5&6 Making ¼ turn left rock right to right side, recover weight onto left, cross step right over left
7&8 Step left to left side, close right next to left, step left to left side (6 o'clock)

Section 3

Cross rock R over, recover L, & L over & L behind, R side rock, recover L, ½ R sailor

1-2 Cross rock right over left, recover weight back onto left
&3&4 Step right to right side, cross step left over right, step right to right side, cross step left behind right
5-6 Rock right to right side, recover weight onto left
7&8 Step right behind left, making ½ turn right step left to left side, step right to right side (12 o'clock)

Section 4

Cross rock L over, recover R, triple full turn L, hip bumps RLR & ½ L, hip bumps LRL

1-2 Cross rock left over right, recover weight back onto right
3&4 Triple full turn left on spot stepping left right left
Easy option for 3&4: left back coaster step
5&6 Hip bumps stepping right forward right left right
&7&8 Making ½ turn left hip bumps stepping left forward left right left (6 o'clock)

END OF DANCE

NO TAGS OR RESTARTS – YIPPEEEEE!