

Over The Mountains

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Celia Stevens (NZ) - October 2007
音樂: Over the Mountains - Robertson Brothers : (CD: Here)



Feet together weight on the left – start on the vocals (16 beats)

SAILOR STEP,BEHIND-SIDE-ACROSS, SIDE-TOUCH,1/2 TURN, BEHIND-SIDE-ACROSS.

1 & 2 SAILOR STEP: Step R foot behind left, Step L foot to side, Step R foot to side
3 & 4 Step L foot behind right, Step R foot to right side, Step L foot across in front of right
& 5, Step R foot to side, Touch L toe behind right,
6 Unwind ½ turn left keep weight on right
7 & 8 Step L foot behind right, Step R foot to side, Step L foot across in front of right

SIDE ¼ TURN-FORWARD, QUICK PIVOT-FORWARD, FORWARD-ROCK-1/2 TURN,QUICK PIVOT-FORWARD.

1 & Step R foot to the side, Side rock onto L foot turn ¼ left
2 Step R foot forward,
3 & PIVOT: Step L foot forward, turn ½ turn right take weight onto R,
4 Step L foot forward,
5 & Step R foot forward, Rock back onto L,
6 Turn ½ turn right step R footforward,
7 & PIVOT: Step L foot forward, Turn ½ turn right take weight onto right,
8 Step L foot forward.

SHUFFLE FORWARD-HOOK-SHUFFLE BACK-SWEEP, SAILOR STEP, ¼ TURN SAILOR CROSS

1 & 2 & SHUFFLE FORWARD STEP: R-L-R, Hook L toe behind right,
3 & 4 & SHUFFLE BACK STEP: L-R-L, Sweep R toe to the side,
5 & 6 SAILOR: Step R foot behind left, Step L foot to the side, Step R foot to the side
7 & Turn ¼ turn left step L foot behind right, Step R foot to the side,
8 Step L foot across in front of right.

SIDE-ROCK-BEHIND,SIDE-ROCK-BEHIND, & BACK, ROCK & PADDLE TURN

1 & 2 Step R foot to the side, Side rock onto L foot, Step R foot behind left,
3 & 4 Step L foot to the side, Side rock onto R foot, Step L foot behind right,#
& 5, 6 Step R foot back, Step L foot back, Rock forward onto R foot,
& 7,8 Step L foot together, Step R foot forward, turn ¼ turn left take weight onto L foot.**

****TAGS: Add the following tags at the END (**)** of:

WALL 1 (Facing 3:00) & WALL 3 (9:00)

1,2 Push hips Right, Push hips left.

WALL 2 (Facing 6:00)

1,2,3,4 Push hips R, Push hips L, Push hips R, Push hips L

RESTART: On WALL 5 dance to BEAT 28 (#) Then restart facing 6:00