

Over and Over Again

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - May 2011
音樂: All or Nothing - Jay Sean



Intro : Start after 32 counts from the Beginning

[1 – 9] Step Diag. Fwd, Rock Recover , Coaster Step, Pivot ½ Turn R , Cross Rock Recover & Cross Rock

1 Step R Diag R fwd (01.30)
2 - 3 Rock L Diag. R fwd , Recover on R,
4 & 5 Step L back, Step R next L, Step L fwd (12.00)
6 - 7 Pivot ½ Turn R, Rock L across R (06.00)
8 & 1 Recover on R, Step L next to R, Rock R across L

[10-16] Recover, Lock Step Back, Big Step Back, Drag & Hook, Lock Step fwd

2 Recover on L
3 & 4 Step R back, Lock L across R, Step R back
5 – 6 Step L big step back, Drag R to L and Hook R knee across L
7 & 8 Step R fwd, Step L behind R, Step R fwd

[17-24] Cross, Unwind Full Turn R, Chasse R, Twinkle 1/8 L, Sailor Step 1/8 L

1 – 2 Step L across R, Make Full Turn R (Weight stays on L)
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 & 6 Step L across R , 1/8 Turn L Step R back , Step L to L side (04.30)
7 & 8 Step R behind L, 1/8 Turn L step Fwd, Step R fwd (03.00)

[25-32] Step fwd, ¼ Turn L Touch R, Twinkle Step , Sailor Step , Rock, Recover

1 – 2 Step L fwd, ¼ Turn L Touch R to R side (12.00)
3 & 4 Step R across L, Step L to L side, Step R to R side
5 & 6 Step L behind R, Step R to R side, Step L fwd
7 - 8 Rock R fwd, Recover on L (with a low hook R over L) ***** Restart Here wall 2

[33-40] Step fwd, ¼ Turn L, Cross Shuffle, Triple ½ R, Lock Sep fwd

1 – 2 Step R fwd, ¼ Turn L (09.00)
3 & 4 Step R across L, Step L to L side, Step R across L
5 & 6 ¼ Turn R step L back, ¼ turn R step R fwd, Step L fwd (03.00)
7 & 8 Step R fwd, Step L behind R, Step R fwd

[41-48] Big Step fwd, Drag & Hitch, Coaster Cross, ¼ Turn R, 1/8 Turn R, Lock Step fwd

1 – 2 Step L big step fwd, Drag R and Hitch (Raise L Heel when You Hitch)
3 & 4 Step R back , Step L next to R, Step R across L
5 – 6 ¼ Turn R step L back, 1/8 Turn R step R fwd (07.30)
7 & 8 Step L fwd, Lock R behind L , Step L fwd

[49-56] Cross, Unwind Full Turn L, Behind Side Cross, Side Shuffle, Rock Recover Side

1 – 2 Step R across L, Make bit more than Full Turn L with L Sweep (06.00)
3 & 4 Step L behind R, Step R to R side , Step L Across R
5 & 6 Step R to R side, Step L next to R, Step R to R side
7 & 8 Rock L behind R, Recover on R, Step L to L side (06.00)

[57-64] Behind ¼ Turn R, Step Fwd, Pivot ½ R, Triple Full Turn R , 2 Walks fwd

1 & 2 Step R behind L, ¼ Turn L step L fwd, Step R fwd (03.00)

3 – 4 Step L fwd, Pivot ½ Turn R (09.00)
5 & 6 Triple Full Turn R with L, R , L
7 – 8 Walk Diagonally Right fwd R , L (09.00)

Start Again

Restart wall 2 after count 32, start again with count 1

Ending: End the dance with Cross R over L and make ½ Turn L to face the front wall again.

Contact Website: www.franciensittrop.nl
