

Over My head

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Anja Bach Christensen (DK) - April 2012
音樂: Over My Head (Cable Car) - The Fray



Intro: 8 counts. Start on RF (weight on LF)

(1-8) Big step R, hold, back rock, recover, big step L, hold, back rock, recover. (12.00)

1-4 RF take big step to R side, hold, rock back on LF, recover on RF. (12.00)
5-8 LF take big step to L side, hold, rock back on RF, recover on LF. (12.00)

(9-16) ¼ turn L, step L, behind side cross L, big step L, sweep slowly RF, kick ball with ¼ turn L. (09.00)

1-2 Step RF ¼ turn L facing 9.00, LF step L. (09.00)
3&4 Cross RF behind LF, step LF to L, cross RF over LF. (09.00)
5-6 Take big step L, sweep slowly RF next to LF with only the toe touch the floor. (09.00)
7&8 RF Kick fw., RF step down in place and let only the L toe touch the floor, make a ¼ turn L on RF. (06.00)

(17-24) Hitch LF, step, rock, recover, ½ turn R with hook, step fw, point L, LF cross over RF. (12.00)

1- 4 Lift L knee, step LF down, rock RF fw. recover on LF. (06.00)
5-6 Make a ½ turn on LF over R shoulder and RF hooked in front of LF, RF step fw. (12.00)
7-8 LF point to L side, LF cross over RF. (12.00)

(25-32) Step R side, sway L side, sway R side, ¼ turn L, step fw, step fw. Full turn. (09.00)

1-4 Step RF R, rock LF to L side, rock RF to R side, step LF a ¼ turn L (09.00)
5-6 RF walk fw, LF walk fw, (09.00)
7-8 Turn ½ L stepping back on RF, turn ½ L stepping fw. On LF. (09.00)

(33-40) Chasse R, back rock, recover, chasse L, back rock, recover (09.00)

1&2 Step RF R, step LF together with RF, step RF R (09.00)
3-4 Step back on LF, recover on RF. (09.00)
5&6 Step LF L, step RF together with LF, step LF L (09.00)
7-8 Step back on RF, recover on LF (09.00)

(41-48) 8 x steps with small turns (03.00)

1-2 RF step fw.(10.30), LF step behind RF(face and body facing (09.00)) (09.00)
3-4 RF step back with heel pointing (01.30), LF step fw with toe point (07.00) (07.00)
5-6 RF step fw. Toe pointing (05.00), LF step ¼ turn L facing (03.00) (03.00)
7-8 RF cross over LF, LF step L (03.00)

(49-56) Lock step R diagonal, Lock step L diagonal, R jazzbox with touch (03.00)

1&2 Step RF fw. (04.30), step LF behind RF, step RF fw(04.30). (04.30)
3&4 Step LF fw. (01.30), step RF behind LF, step LF fw(01.30) (01.30)
5-6 Cross RF in front of LF, LF step back, (03.00)
7-8 RF step R side, LF touch next to RF (03.00)

(57-64) Chasse with a ¼ turn L, chasse with a ¼ turn L, vine with touch. (09.00)

1&2 Step LF L, step RF together with LF, step LF L with a ¼ turn (12.00)
3&4 Step RF L with a ¼ turn, step LF together with RF, step RF R (09.00)
5-6 Step LF L, step RF behind LF, (09.00)
7-8 Step RF R, touch LF next to RF (09.00)

Note: Restart on wall 2 after the 8 steps with small turns count 48. (facing 12.00)

Ending: Finish wall 7, then take a big step R, hold, back rock, recover.
Big step LF with a $\frac{1}{4}$ turn R (facing 12.00), hold, back rock, recover.
Big step R, hold, back rock recover.
Big step L with LF, touch RF next to LF.

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