

Over The Years

拍數: 96 牆數: 4 級數: Advanced
編舞者: Maggie Gallagher (UK) - June 2013
音樂: A Thousand Years - Christina Perri : (The Twilight Saga: Breaking Dawn, Part 1 -
Original Motion Picture Soundtrack)



Intro: 48 counts (20 secs) Start on Vocals
RESTART: Wall 2 after 60 counts [3:00]

S1: L TWINKLE, R TWINKLE ¾ R

1-2-3 Cross left over right, Step right to right side, Step left to left side
4-5-6 Cross right over left, ¼ right stepping back on left, ½ right stepping forward on right [9:00]

S2: ¼ SIDE ROCK CROSS, SIDE ROCK CROSS

1-2-3 ¼ right rocking left to left side, Recover on right, Cross left over right [12:00]
4-5-6 Rock right to right side, Recover on left, Cross right over left

S3: SIDE L, DRAG, SIDE BEHIND SIDE

1-2-3 Take a big step to the left, Drag right to meet left over 2 counts
4-5-6 Step right to right side, Cross left behind right, Step right to right side

S4: TWINKLE ¼ L, WALK, ½ TURN, ½ TURN

1-2-3 Cross left over right, ¼ left stepping back on right, Step left to left side [9:00]
4-5-6 Walk forward on right, ½ right stepping back on left, ½ right stepping forward on right

Non Turning Option: Run RLR

S5: ROCK FWD/RECOVER, BACK, CROSS BACK BACK

1-2-3 Rock forward on left slightly lunging forward, Recover on right, Step back on left
4-5-6 Cross right over left, Step slightly back on left, Step slightly back on right

S6: CROSS BACK, BACK, WALK, STEP ½ TURN

1-2-3 Cross left over right, Step slightly back on right, Step slightly back on left
4-5-6 Walk forward on right, Step forward left, ½ right stepping forward on right [3:00]

S7: ½ R SWEEP, BEHIND SIDE CROSS

1-2-3 ½ right stepping back on left, Ronde sweep right toe from front to back over 2 counts [9:00]
4-5-6 Cross right behind left, Step left to left side, Cross right over left

S8: SIDE L, DRAG, 1 ¼ TURN R

1-2-3 Take a big step to the left, Drag right to meet left over 2 counts
4-5-6 ¼ right stepping forward on right, ½ right stepping back on left, ½ right stepping forward right
[12:00]

Non Turning Option: ¼ right run RLR

S9: STEP FWD HITCH, BACK TOUCH HOLD

1-2-3 Step forward left, On slight right diagonal hitch right knee up over 2 counts
4-5-6 Step back right, Touch left toe across right, HOLD

S10: STEP L ½ RONDE HITCH, R TWINKLE

1-2-3 Step forward left, ½ left ronde hitching right knee up over 2 counts [6:00]
4-5-6 Cross right over left, Step left to left side, Step right to right side *Restart Wall 2 [facing 3:00]

S11: STEP FWD HITCH, BACK TOUCH HOLD

1-2-3 Step forward left, On slight right diagonal hitch right knee up over 2 counts

4-5-6 Step back right, Touch left toe across right, HOLD

S12: STEP L, ½ RONDE HITCH, R TWINKLE

1-2-3 Step forward left, ½ left ronde hitching right knee up over 2 counts [12:00]

4-5-6 Cross right over left, Step left to left side, Step right to right side

S13: CROSS POINT, HOLD, BEHIND, SIDE ROCK

1-2-3 Cross left over right, Point right to right side, HOLD

4-5-6 Step right behind left, Rock left to left side, Recover on right

S14: CROSS POINT, HOLD, TRIPLE ¾ R

1-2-3 Cross left over right, Point right to right side, HOLD

4-5-6 ¾ triple turn right stepping right left right [9:00]

S15: CROSS POINT, HOLD, BEHIND, SIDE ROCK

1-2-3 Cross left over right, Point right to right side, HOLD

4-5-6 Step right behind left, Rock left to left side, Recover on right

S16: CROSS POINT, HOLD, TRIPLE FULL TURN R

1-2-3 Cross left over right, Point right to right side, HOLD

4-5-6 Full triple turn right stepping right left right

**** Thank You To The Many Dancers Who Asked Me To Choreograph To This Music ****

Contact: www.maggiieg.co.uk
