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Over You

Phrased, beginner/intermediate level

Choreographer: Anna Watson (UK) Feb 02

Choreographed to: I'm Over You by Martine
McCutcheon

Dance starts from vocal, Danced A, 1/2A, B, B, C repeat, 1/2 A B, B, B

Part A

* Square to the right

1-4 Step r to r side, bring l to meet r, step back on r, tap l next to r.

5-8 Step l to l side, bring r to meet l, step forward on l, tap r next to l.

* Heel, heel, 1/4 turn right, scuff, hitch, down

1-4 R heel dig, replace next to left, l heel dig, replace next to r (1/4 turn r)

5-8 Scuff hitch r knee, replace r down next to l, hold.

* Rock recover step hold repeat

1-2 Rock l forward, recover r,

3-4 Step l next to r, hold

5-6 Rock r back, recover l,

7-8 Step r next to l. hold.

* 1/4 Turn rock cross hold, rock cross hold

1-2 Rock forward on l, make 1/4 turn r, recover on r,

3-4 Cross l over r hold.

5-6 Rock r to r side, recover on l.

7-8 Cross r over l, hold.

* Rock recover step, swing swing.

1-4 Rock forward l recover r, step back l Hold.

5-6 Swing r leg (low) back, stepping on r,

7-8 Swing l leg (low) back, stepping on l.

* Lock r, l, r, 1/4 turn right hold.

1-2 Lock r behind l, step l forward,

3-4 Lock r behind l, putting weight on r, bend l knee,

5-6 Rock forward l recover r (1/4 turn r.)

7-8 Hold (keeping weight on r. foot)

* Lock l r l hold, r l r hold.

1-4 step forward l, lock r behind l, step forward l, hold

5-8 step forward r, lock l behind r, step forward r hold.

* 1/2 turn bouncing, lock forward l r l.

1-3 on balls of feet, bounce/heel raises, 1/2 turn to l.

4 Hold

5-8 Step l, lock r behind l, step l, hold

End of part A

Part 1/2A is danced as start of part a, up to "1/4 turn rock cross, rock cross"

Note: At end of 1/2A last cross rock becomes a rock and touch, ready to start part B on right foot.

Part B.

* Step slide, slow kick ball change.x2

1-4 step r to r side, sliding l to r.

5-8 kick l forward, replace next to r, change weight on to r, hold.

Repeat 1-8 to the left with a right kick ball change

On counts 3&7 click fingers.

* Hip rolls/bumps.

1-4 step forward r, roll /bump hips twice

5-8 step forward l, roll/bump hips twice.

* 1/2 turn, full turn.

1-2 step r forward 1/2 pivot turning l,

3-4 step forward r, hold,

5-8 full turn to r turning l r l.

End of part B

Note; Part B is always danced on the chorus

Part C

*Elvis knees, step together.

1-2 Bend l knee in

3-4 Bend r knee in

5-6 Bend l knee in

7-8 Bring r foot in to meet l,

(Keep weight on left, ready to start dance again from part a)