OVER AND OVER

Music: **For Education Round Dance   BG-103**
Rhythm: **Foxtrot & Two Step   Phase: IV**
Footwork: **Opposite   except where (Noted)**
Release Date: June 2014
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Sequence: **INTRO   ABC   ABC   BRIDGE BC   END**

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INTRO   FOXTROT

01-04   CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; SIDE SWAY LEFT & RIGHT ; DIP BACK & RECOVER ;

     {Wait} CP WALL ld ft free wt 2 meas ; ; **{Sd Sway L & R}** [QQQQ] Sd L incline body to L, tch R to L, sd R incline body to R, tch L to R ; **{Dip Bk & Rec}** [SS] Dip bk L, -, rec R to CP WALL, -;

PART A   FOXTROT

01-04   HOVER ; OP NATURAL ; BACK TWISTY VINE 4 ; HESITATION CHANGE ;

     {Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; **{OP Natural}** Fwd R stg RF trn, -, sd L contg trn to CP, bk R *(W fwd L, -, fwd R between m's legs, fwd L)* to BJO RLOD ; **{Bk Twisty Vine 4}** [QQQQ] Bk L, sd R, XLif, sd R to BJO RLOD ; **{Hesitation Change}** [SS] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

05-08   DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

     {Diamond Trn 1/2 } Fwd L trng LF on diag, -, sd R, XLib ; Cont LF trn bk R, -, sd L, XRif ; **{Qk Diamond 4}** [QQQQ] Fwd L trn 1/8 LF, sd R twd RLOD, XLib twd DRC trn 1/8 LF, blend to CP bk R end CP DLW ; **{Dip Bk & Rec}** [SS] Dip bk L, -, rec R to CP LOD, -;

09-12   TELEMARK to SCP ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR ;

     {Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L *(W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R)* to SCP DLW ; **{Hover Fallaway}** Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; **{Slip Pivot}** Bk L, -, bk R trn LF keep L leg extended, fwd L *(W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, -, fwd L cont trn plc L near M's R ft, bk R)* to BJO DLW ; **{Cross Pivot to SCAR}** Fwd R in frt of W strt RF trn, -, sd L cont RF trn, fwd R *(W sm bk L strt RF trn, -, fwd R btw M's ft heel to toe pvtg ½ RF, sd & bk L)* to SCAR DLW ;

13-16   CROSS HOVER to SCP ; IN & OUT RUNS ; ; THRU FACE CLOSE ;

     {Cross Hover to SCP} XLif, -, sd R hvrg, rec L *(W XRib, -, sd & bk L w/ strong RF trn, fwd R)* to SCP LOD ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R *(W fwd L, -, fwd R between M's ft, fwd L)* to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L *(W trng RF fwd R,-, cont trn sd L in frt of M, cont trn fwd & sd R)* to SCP DLC ; **{Thru Fc Cl}** Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

PART B   TWO STEP

01-04   VINE 3 CKG ; VINE 3 /W WRAP ; VINE 3 APART/W UNWRAP to OP ; CHANGE SIDES to BFLY COH ;

     {Vine 3 Ckg} Sd L, XRib, sd L ckg, -; **{W Wrap}** Raisg jnd ld hnds sd R, XLib trng ¼ LF, sd & bk R *(W trng ¾ LF undr jnd ld arms L, R, L)* to WRP LOD, -; **{W Unwrap to OP}** Relg ld hnds w/ small steps Sd L, XRib, sd L *(W unwraps RF R, L, R Ckg)* to OP LOD, -; **{Change Sides to BFLY COH}** Raisg trl hnds circ RF ½ arnd W fwd R, L, R *(W trn ½ LF under raised hnds L, R, L)* to BFLY COH, -;

05-08   VINE 3 to RLOD CKG ; VINE 3/W WRAP ; VINE 3 APART/W UNWRAP to OP ; CHANGE SIDES to BFLY WALL ;

     {Vine 3 to RLOD Ckg} To RLOD Repeat meas 1 Part B ; **{Vine 3/W Wrap}** Repeat meas 2 Part B to WRP RLOD ; **{Vine Apart/W Unwrap to OP}** Repeat meas 3 Part B to OP RLOD ; **{Change Sides to BFLY WALL}** Repeat meas 4 Part B to BFLY WALL ;

PART C FOXTROT

09-12   TWIRL/VINE 3 ; THRU SIDE X-BEHIND ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Twirl / Vine 3} Sd L, -, XRib, sd L *(W full RF trn undr jnd ld hnds fwd R, -, sd & bk L, fwd R)* to SCP LOD ; **{Thru Sd X-Behind}** Thru R, -, sd L, XRib *(W XRib)* to mom LOP RLOD ; **{Roll 3 to SCP}** Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to SCP LOD ; **{Chair & Slip}** Lun thru R, -, rec L, slip R bhd L *(W lun thru L, -, rec R, swvlg LF on R slip fwd L outsd M's R ft)* to CP DLC ;

13-16   2 LEFT TURNS ; ; WHISK ; THRU FACE CLOSE ;
     3the TIME : PICK UP SIDE CLOSE ;

{Left Trns x 2} Fwd L strg LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R cont LF trn, -, cont trn sd & fwd L, cl R to CP WALL ; **{Whisk}** Fwd L, -, sd & fwd R, XLib *(W XRib)* to SCP DLC ;
{Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;
3the TIME {PU Sd Cl) Sm fwd R, sm sd L, cl R *(W fwd L trng LF, fwd & sd R contg LF trn in front of M, cl L)* to CP DLC ;

BRIDGE FOXTROT

01   SIDE SWAY L & R ;

{Sd Sway L & R} [SS] Sd L incline body to L, tch R to L, sd R incline body to R, tch L to R ;

ENDING FOXTROT

01-05   DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER & DIP BACK ; ;

{Diamond Trn Half} Repeat meas 5,6 Part A ; ; **{Qk Diamond 4}** Repeat meas 7 Part A ; **{Dip Bk & Rec}** Repeat meas 8 Part A ; **{Dip Bk}** [S] Bk L w/ flexed knee ;