

OVER AND OVER

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Record: BG-103 (Flip Don Paso) available at Palomino Records Released 8/8/98
Sequence: INTRO, A, B, A, B, C, END Speed: 45 rpm Phase: V

INTRO

1-4 WAIT: LADY UNWRAP TO LUNGE APART: ROLL TO LUNGE APART: PICK-UP TO BANJO AND HOLD:

- 1 Wait 1 meas in wrapped pos fc wall M with L ft free (W with R foot free);
QQS 2 Hold 2 quicks lead W to unwrap,-, lunge sd L small step lead arms
explode up & out to sd (W roll to RLOD unwrap RF R, L, lunge sd R in OP
fc wall),-;
QQS 3 Both roll across W in front to fc the wall in LOP R, L, lunge sd R with
trailing arms explode up & out to sd,-;
S 4 Recov to fc ptr and DW L to BJO pos,-, hold as the music stops,-;

PART A

1-4 NATURAL TURN ONE HALF: CLOSED IMPETUS: FEATHER FINISH: COMMENCE REVERSE WAVE:

- SQQ 1 Comm RF upper body trn fwd R,-, sd L across LOD, bk R fc RLOD (W bk
L,-, cl R to L for heel trn, fwd L in CP);
SQQ 2 Comm RF upper body trn bk L,-, cl R to L for heel trn, sd & bk L in CP fc
DW (W fwd R heel to toe pivot 1/2 RF,-, sd & fwd L arnd M brush R to L,
fwd R betw M's feet);
SQQ 3 Bk R trn LF,-, sd & fwd L, fwd R outside W to BJO fc DC (W fwd L trn LF,-,
sd & bk R, bk L);
SQQ 4 Fwd L comm LF body trn,-, sd R, bk L to fc DRC (W bk R,-, cl L to R for
heel trn, fwd R in CP);

5-8 FINISH REVERSE WAVE: IMPETUS TO SEMI-CLOSED: PROMENADE WEAWE:-:

- SQQ 5 Bk R,-, bk L comm LF curve, bk R curve LF to end fc RLOD in CP;
SQQ 6 Comm RF upper body trn bk L,-, cl R to L for heel trn, fwd L in SCP DC
(W fwd R in CP pivot 1/2 RF,-, sd & fwd L arnd M brush R to L, fwd R);
SQQ 7 Fwd R,-, fwd L trn LF to CP, sd & slightly bk R to BJO (W fwd L,-, sd & bk
R to CP, cont trn on R until fc LOD fwd L);
QQQQ8 Bk L DC in BJO, bk R trn body LF to CP, sd & slightly fwd L, fwd R in BJO
DW (W fwd R in BJO, fwd L to CP, sd & bk R, bk L);

9-12 CHANGE OF DIRECTION: TELEMARK TO SEMI-CLOSED: NATURAL HOVER CROSS:-:

- SS 9 Fwd L DW,-, fwd R with R shoulder lead trn LF, draw L to R no wgt;
SQQ 10 Fwd L comm LF trn,-, sd R cont trn, sd & fwd L to end in SCP DW
(W bk R ,-, cl L to R for heel trn, fwd R in SCP);
SQQ 11 Comm RF upper body trn fwd R DW trn RF,-, sd L with L sd stretch trn
RF 1/4, cont RF trn 1/2 sd R body trns less to fc DC (W fwd L,-, fwd R trn
RF, cont RF trn 1/4 sd L);
QQQQ12 With R sd stretch fwd L in SCAR, recov R with L sd lead, sd L twd DRC,
with L sd stretch XRIF of L checking in BJO DRC comm LF spin for top
spin;

13-16 TOP SPIN: THREE STEP: NATURAL TURN ONE HALF: HESITATION CHANGE
TRANSITION TO SKATERS:

- QQQQ13 After finish LF spin on toe of R with L ft hanging behind bk L LOD, bk R comm LF trn, sd & fwd L DW, fwd R to BJO DW;
- SQQ 14 Fwd L blend to CP,-, fwd R heel to toe, fwd L;
- SQQ 15 Comm RF upper body trn fwd R,-, sd L across LOD, bk R fc RLOD (W bk L,-, cl R to L for heel trn, fwd L in CP);
- SQQ 16 Comm RF upper body trn bk L,-, sd R cont trn, draw L to R end skater pos fc DC W slightly in front of M on his R sd (W comm RF upper body trn fwd R,-, sd L cont trn lift L arm up, cont trn to skaters pos cl R to L with L arm dropping in front of M's face to skaters);

PART B

1-4 THREE SHADOW REVERSE TURNS:-: REVERSE TURN TRANSITION:

- SQQ 1 In skaters with same footwork fwd L comm LF trn,-, cont trn sd R, bk L fc RLOD with a R shoulder lead bk;
- SQQ 2 Bk R comm LF trn,-, cont trn sd L, fwd R fc LOD with a L shoulder lead fwd;
- SQQ 3 In skaters with same footwork fwd L comm LF trn,-, cont trn sd R, bk L fc RLOD with a R shoulder lead bk;
- SS 4 Bk R comm LF trn,-, cont trn sd & fwd L fc DW with L shoulder lead fwd
W(SQQ) (W bk R comm LF trn,-, cont trn sd L, fwd R fc DW with L shoulder lead),-;

5-8 OPEN IN & OUT RUNS:-: VINE 8:-:

- SQQ 5 Fwd R blend half OP comm RF trn,-, sd & bk DW on L to CP, cont trn on L to step fwd R in L half OP (W fwd L. bring L arm up over M's head to half-OP,-, fwd R betw M's feet, fwd L);
- SQQ 6 Fwd L,-, fwd R betw W's feet, fwd L to half OP (W fwd R comm RF trn,-, sd & bk across M L, cont to trn on L to step fwd R);
- QQQQ7 Thru R to fc ptr, sd L connect lead hnds while trail arms begin slide down to BFLY, XRIB of L in BFLY, push lead hnds to open up sd & fwd L to OP;
- QQQQ8 Fwd R in OP, sd L to fc connect lead hnds, XRIB of L in BFLY, sd L stay in BFLY;

9-12 FENCE LINE WITH ARMS: THRU.-. SD RONDE.-: BK TRN & ROLL TO RLOD:
FWD & TRN TOUCH TO OPEN:

- SQQ 9 Lunge thru to LOD R trail hnds release & arms sweep up overhead and fwd,-, recov L, sd R to LOP fc RLOD;
- SS 10 Step thru L,-, sd R to BFLY lower on R and ronde L CCW no wgt,-;
- QQQQ11 XLIB of R comm RF trn, roll RF R, L, R to LOP fc RLOD;
- SS 12 Step thru L to RLOD,-, trn in to ptr and tch R to L in OP fc LOD join trailing hnds and lead arms out to sd,-;

13-16 WRAP THE LADY: LADY UNWRAP TO LUNGE APART: ROLL TO LUNGE
APART: PICK-UP TO BANJO.-. DRAW. TOUCH:

- QQS 13 Fwd R, fwd L, fwd R to fc wall, tch L to R (W fwd L comm LF wrap, sd & bk R cont wrap, sd L to fc wall, tch R to L),-;
- QQS 2 Hold 2 quicks lead W to unwrap,-, lunge sd L small step lead arms explode up & out to sd (W roll to RLOD unwrap RF R, L, lunge sd R in OP fc wall),-;
- QQS 3 Both roll across W in front to fc the wall in LOP R, L, lunge sd R with trailing arms explode up & out to sd,-;
- SS 4 Recov to fc ptr and DW L,-, draw R to tch R to L in BJO pos,-;

REPEAT A AND REPEAT B TO CLOSED POSITION

BRIDGE

1 RONDE AND SLIP:

SQQ 1 Sd R to ronde L CCW,-, XLIB of R, slip R bk to CP fc DC (W sd L to ronde R CW,-, XRIB of L, slip L fwd to CP); for added effect hold the first count and do the ronde and slip on the three quicks in the music

PART C

1-4 CURVING THREE STEP: FEATHER FINISH: THREE STEP: NATURAL TELEMARK:

SQQ 1 Fwd L comm LF trn,-, fwd R passing well under body with R sd stretch cont LF trn, cont R sd stretch fwd L under body fc DRC;
 SQQ 2 Bk R trn LF,-, sd & fwd L, fwd R to BJO DW;
 SQQ 3 Fwd L blend to CP,-, fwd R heel to toe, fwd L;
 SQQ 4 Comm upper body RF trn fwd R,-, sd L with L sd stretch trn RF 1/4, cont RF trn 1/2 sd & fwd R small step in SCAR;

5-8 CROSS HOVER TO SEMI-CLOSED: CHAIR & SLIP: REVERSE FALLAWAY & SLIP: LEFT PIVOT TO A HINGE:

SQQ 5 Fwd L in SCAR,-, trn body RF to step fwd R in CP, cont RF body trn to SCP fwd L LOD;
 SQQ 6 Thru R with lunge action,-, recov L, with slight LF upper body trn slip R behind L cont trn to end fcng DC (W lunge L,-, recov R, trn LF on R to slip fwd L to CP);
 QQQQ7 Fwd L comm LF trn, sd & bk R, bk L in SCP, trn LF to slip R past L toeing in with small bk step (W bk R, bk L, bk R in SCP to comm LF trn, cont LF trn slip L past R fwd to CP);
 QQQQ8 Fwd L LOD trn 1/2 LF, sd & bk R to fc RLOD, bk L, trn body LF to place W into hinge lower in L knee (W bk R, cl L to R heel trn, fwd R into M, trn LF to step bk L into hinge);

9-12 HOVER EXIT: OPEN NATURAL: IMPETUS TO SEMI-CLOSED: FEATHER:

SQQ 9 Lead W out of hinge lower further into L knee,-, sd R with hover brush of L, fwd L in SCP DW (W fwd R,-, fwd L trn RF and brush R, fwd R);
 SQQ 10 Comm RF upper body trn fwd R,-, sd L across LOD, bk R with R sd bk (W fwd L,-, fwd R, fwd L to BJO);
 SQQ 11 Comm RF upper body trn bk L,-, cl R to L for heel trn, fwd L in SCP DC (W fwd R in CP pivot 1/2 RF,-, sd & fwd L arnd M brush R to L, fwd R);
 SQQ 12 Fwd R,-, fwd L, fwd R to BJO (W fwd L trn LF,-, sd & bk R, bk L);

13-16 DOUBLE REVERSE SPIN: HOVER TELEMARK TO HALF OP: VINE 8:-:

SQQ 13 Fwd L comm LF trn,-, sd R 3/8 trn, spin LF to fc DW tch L to R (W bk R W(SQ&Q) comm LF trn,-, cl L to R for heel trn/ sd & bk R arnd M cont trn, XLIF of R);
 SQQ 14 Fwd L,-, sd & fwd R with RF body trn 1/8, fwd L to half OP fc LOD;
 QQQQ15 Repeat meas 7 part B;
 QQQQ16 Repeat meas 8 part B;

ENDING

1-5 FENCE LINE WITH ARMS: THRU.-. SD RONDE.-: BK TRN & ROLL TO RLOD: FWD & TRN CLOSE TO OPEN: LUNGE APART:

1-4 Repeat meas 9-12 of part B but close R to L when trn to OP;-;-;
 SS 5 Lunge apt sd L with sway twd ptr and slowly explode lead arms up & out to sd;