

Lessons Over The Years (L.O.T.Y)

34 count, 4 wall, beginner level

Choreographer: K C & Rosemary Ang (Singapore)

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Choreographed to: Over The Years by Isla Grant

Intro: start dance after 18 counts

1-8 RIGHT CROSS ROCK, BACK LOCK STEPS, SIDE CROSS, SIDE RECOVER

- 1-2 Cross R over L, recover weight on L,
&3&4 Sweep R behind L (&), step R behind L (3), lock step L over R (&), step R back (4)
5-6 Step to left on L, Cross R over L
7-8 Step left on L (7), recover weight on R (8)
(Dance steps 1-4 diagonally, facing 10.30- square up to 12.00 on steps 5-8)

9-16 LEFT CROSS ROCK, BACK LOCK STEPS, SIDE CROSS, SIDE ROCK TOUCH

- 1-2 Cross L over R, recover weight on R,
&3&4 Sweep L behind R (&), step L behind R (3), lock step R over L (&), step L back (4)
5-6 Step to right on R, Cross L over R
7&8 Step right on R (7), recover weight on L (&), touch R beside L (8)
(Dance steps 9-12 diagonally, facing 1.30-square up to 12.00 on steps 13-16)

17-24 RIGHT FORWARD/ LEFT FORWARD SHUFFLE, PIVOT ½ TURN, FORWARD SHUFFLE

- 1&2 Step R forward, close L beside R, step R forward
3&4 Step L forward, close R beside L, step L forward
5-6 Step R forward, pivot ½ turn left
7&8 Step R forward, close L beside R, step R forward

25-32 VINE TO LEFT, VINE TO RIGHT WITH ¼ LEFT TURN

- 1-2 Step L to left, cross step R behind L
&3-4 Step L to left. cross step R over L, rock L to left
5-6 Recover weight on R, cross step L behind R
&7-8 Step R to right, cross step L over R, step back on R with a ¼ turn left (3.00 wall)

33-34 STEP BACK, POINT

- 1-2 Step back on L, point R to right

REPEAT

RESTARTS

There are TWO restarts:

During Wall 5 (12.00 wall), dance until count 16 and do a 2-count sway to the right and left;

Start Wall 6 from count 1, dance again until count 16 and do the 2-count sway to the right and left, restart dance (Wall 7) from count 1

ENDING

During the last wall (Wall 8-starting at 3.00), you will end facing the back wall - to end facing the front wall, do counts 33-34 as follows:

Do a 'toe ½ turn' left as you step on L, point R to right and pose.
