

# Overcomer

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Nancy Morgan (USA) - March 2019  
音乐: Overcomer - Mandisa



Begin after 32 counts or when she starts singing, BPM: 120, Rhythm: Triple Two

Alt. Music: Good Morning (Feat TobyMac) by Mandisa, Begin after 32 counts or when she starts singing, BPM: 120,

Alt. Music: You Broke Up With Me by Walker Hayes, Begin: 16 counts after hard beat starts, BPM: 120, Rhythm:

## WALK, WALK, HEEL AND HEEL, HEEL TOE, ½ TURN TAP HEEL, SLIDE R OVER L

1,2                      walk forward R,L  
3&4&                      Tap R heel forward, step R next to L, tap L heel forward, step L next to R  
5,6                      Tap R heel forward, tap Right toe back  
7,8                      Turn ½ to R as you tap your R heel forward, Slide R foot across Left

## SHUFFLE FORWARD, ROCK FORWARD AND BACK, SWIVEL WALK BACK R-L-R-L

1&2                      R Shuffle forward - RLR  
3&4                      Rock-Step forward on L, back on R, step back on L  
5&6&                      On Toes – Swivel heels in as you step back then back out, do this on R, then L  
7&8                      On Toes – Swivel heels in as you step back then back out, do this on R, stomp on L

Alternate 5,6,7,8: Walk back R-L-R-L

## R CROSS AND STEP, REPEAT WITH L, HOP FORWARD AND BACK, HOP FORWARD AND FORWARD

1&2                      Cross R over L, Kick R slightly Forward, step R next to L  
3&4                      Cross L over R, Kick L slightly forward, step L next to R  
&5&6                      Hop forward and back and forward and back with both feet shoulder width apart (Hop R-L)  
&7&8                      Hop forward R-L 2 times

## HEEL JACKS, STEP, PIVOT ¼ TURN TO L, KICK-BALL-CHANGE

&1                      Step L to L side, tap R heel forward  
&2                      Step R to center, step L behind R  
&3&4                      Step R to R side, tap L heel forward, step L to center, step R next to L  
5,6                      Step forward on R, pivot ½ turn to L (weight is on L)  
7&8                      Kick-Ball-Change – Kick R slightly forward, step R next to L as you lift L off of floor, step R next to L

**BEGIN AGAIN**