

# 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