

Don't Overthink

拍数: 32 墙数: 4 级数: Low Intermediate WCS
编舞者: Delphine Zammit (FR) - December 2018
音乐: Overthink - Tyler Shaw



Intro : 16 counts

[1 – 8] STEP FORWARD x 2, MODIFIED SYNCOPATED SPLIT, 1/4 TURN, 1/4 TURN, SAILOR 1/2 TURN

1-2 - RF step forward, LF step forward
&3&4 - RF step to right side, LF step to left side, RF next to LF, LF cross over RF
5-6 - 1/4 turn right stepping RF forward, 1/4 turn right stepping LF to left side (6.00)
7&8 - Sailor step 1/2 turn : RF cross behind LF, 1/2 turn right stepping LF to left side, RF cross over LF (12.00)

[9 – 16] SIDE ROCK STEP, BEHIND SIDE CROSS, SIDE WITH HIP ROLLS x 2

1-2 - LF rock to left side, recover on RF
3&4 - LF cross behind RF, RF step to right side, LF cross over RF
5-6 - RF step to right side, turning hips anti CW, ending weight on RF with a bump to right
7-8 - Recover on LF turning hips CW, ending with a bump to the left(6.00)

***Restart on wall 6**

[17–24] 1/4 TURN, SWEEP 1/4 TURN, CROSS SIDE POINT, BACK WITH BODY ROLL, POINT, SAILOR 1/4 TURN

1-2 - 1/4 turn right stepping RF forward, 1/4 turn right sweeping LF from back to front (6.00)
3&4 - LF cross over RF, RF step to right side, LF point diagonally left forward
5-6 - LF point back making a bodyroll backward (weight ends on LF), RF point to right side

*** Restart on wall 5 (6.00)**

7&8 - Sailor step 1/4 turn : 1/4 turn right stepping RF back, LF side left side, RF side to right side (9.00)

[25–32] STEP 1/4 TURN, CROSS SHUFFLE, POINT WITH BUMP 1/4 TURN, 1/2 TURN POINT WITH BUMP

1-2 - LF step forward, 1/4 turn right (RF takes weight) (12.00)
3&4 - LF cross over RF, RF step to right side, LF cross over RF
5-6 - Point RF to right side with right hip bump, 1/4 turn left stepping RF back (9.00)
7-8 - 1/2 turn left with left bump, LF step forward (3.00)

TAG 1 : 8 counts, at the end on the first wall : (3.00)

[1-8] STEP x2, MAMBO STEP, STEP BACK x2, ANCHOR STEP

1-2 - RF step forward, LF step forward
3&4 - RF rock step forward, recover on LF, RF step back
5-6 - LF step back, RF step back
7&8 - Anchor Step : LF cross behind RF (In 3rd position), RF step in place, LF step in place

TAG 2 :10 counts, on wall 3, after 16 counts (9.00) = TAG 1 + ROCK STEP with BODY ROLL

9-10 - RF rock step forward starting a body roll, recover on LF ending body roll

RESTART 1 : On wall 5, after 22 counts (6.00), restart the dance from the beginning

RESTART 2 : On wall 6, after 16 counts (6.00), restart the dance from the beginning