# Overglow

**拍数:** 64 **墙数:** 2 **级数:** Intermediate

**编舞者:** Val O'Connor (UK) - March 2020

**音乐:** Overglow - Adam Lambert : (Album: Velvet or Overglow Live sessions)

**Intro: 32 Counts - BPM: 113**

**PRISSY WALKS RL ,R LOCK STEP, CROSS L, HITCH R, R BEHIND SIDE CROSS**

| | |
|---|---|
| 1-2-3&4 | Walk forward R in front L, walk fwd L in front R, step fwd R, (&) lock L behind R, step fwd R |
| 5-6-7&8 | Cross L over R, hitch R facing R diagonal, cross R behind L, (&) 1/8 th L step L to L side, cross R over L |

**SIDE L HOLD, SIDE L TOUCH R, R KICK BALL CROSS, R SIDE ROCK**

| | |
|---|---|
| 1-2& 3-4 | Step L to L side, Hold for 1 count, (&) step R next to L, step L to L side, touch R toe next to L |
| 5&6-7-8 | Kick R to R diagonal, (&) step down on R, cross L over R, R side rock, recover on L |

**1/4 R SAILOR STEP, L FORWARD ROCK, BACK L DRAG R HEEL, R COASTER STEP**

| | |
|---|---|
| 1&2-3-4 | Cross R behind L, (&) ¼ R step L to L side, step fwd on R, rock fwd on L, recover back on R (3) |
| 5-6-7&8 | Long step back on L, drag R heel towards L, step back on R, (&) step L next to R, step fwd on R |

**CROSS L, POINT R, R HITCH BALL CROSS, R SIDE ROCK, R BEHIND ¼ L STEP FORWARD R**

| | |
|---|---|
| 1-2-3&4 | Cross L over R, point R to R side, hitch R, (&) step down on R, cross L over R |
| 5-6-7&8 | R side rock, recover on L, cross R behind L, (&) ¼ L step fwd on L, step fwd on R (12) |

**Restarts on Wall 2 and Wall 5 ( See bottom of script )**

**STEP FORWARD L, ½ R PIVOT, L SHUFFLE, ½ L, ¼ L, R CROSS SHUFFLE**

| | |
|---|---|
| 1-2-3&4 | Step fwd L, ½ R step fwd R, step fwd L, (&) step R next to L, step forward L (6) |
| 5-6-7&8 | ½ L step back on R, ¼ L step L to L side, cross R over L, (&) step L to L side, cross R over L (9) |

**POINT L, ¼ L, POINT RL, DIG R HEEL, HOLD, L CROSS ROCK**

| | |
|---|---|
| 1-2-3&4 | Point L to L side, ¼ L step down on L, point R to R side, (&) step down on R, point L to L side (6) |
| &5-6 | (&) Step back on L, dig R heel towards R diagonal (lean slightly back), Hold for 1 count, |
| &7-8 | (&) Step down on R, cross rock L over R, recover back on R |

**LONG STEP TO L, DRAG R, CROSS L OVER R, SIDE R, SWAY LR, ¼ L SAILOR**

| | |
|---|---|
| 1-2&3-4 | Long step to L side on L, drag R towards L, (&) step down on R, cross L over R, step R to R side |
| 5-6-7&8 | Sway L to L side, sway R to R side, cross L behind R, (&) ¼ L step R to R side, step L to L side (3) |

**CROSS SIDE SAILOR HEEL, CROSS ¼ L, ½ L SHUFFLE**

| | |
|---|---|
| 1-2-3&4 | Cross R over L, step L to L side, cross R behind L, (&) step back on L, dig R heel to R diagonal |
| &5-6-7&8 | (&) Step down on R, cross L over R, ¼ L step back R, ½ L step fwd L, (&) step R next to Left, fwd L (6) |

**Restarts: Wall 2 and Wall 5 Dance the first 30 counts then replace 7&8**

| | |
|---|---|
| 7-8 | Cross R behind L, ¼ L step forward on L, Restart from the beginning |

**Email: valerieoconnor1@msn.com**