

# Overworked & Underpaid

**COPPER KNOB**  
STEPPERS

拍数: 64                      墙数: 1                      级数: Improver  
编舞者: Nigel Payne (UK)  
音乐: Overworked and Underpaid - Dave Sheriff



## LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT SHUFFLE, RIGHT SHUFFLE

1&2                      Step left behind right, step right to right side, step left beside right  
3&4                      Step right behind left, step left to left side, step right beside left  
5&6                      Step forward on left, step right beside left, step forward on left  
7&8                      Step forward on right, step left beside right, step forward on right

## ROCK-RECOVER, TURNING SHUFFLES X 3

9-10                      Rock forward on left, recover back on right  
11&12                      Shuffle ½ turn left stepping left, right, left  
13&14                      Shuffle ½ turn left stepping right, left, right  
15&16                      Shuffle ½ turn left stepping left, right, left, (now facing 6:00)

## ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

17-18                      Rock forward on right, recover back on left  
19&20                      Step back on right, step left beside right, step forward on right  
21-22                      Step forward on left, pivot ½ turn right, (now facing 12:00)  
23&24                      Step forward on left, step right beside left, step forward on left

## FULL TURN, SHUFFLE, JAZZ BOX ½ TURN, POINT

25-26                      Make full turn left traveling forward stepping right, left  
27&28                      Step forward on right, step left beside right, step forward on right  
29-32                      Cross left over right, step back on right, step left ½ turn left, point right to right side (now facing 6:00)

## RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT SHUFFLE, LEFT SHUFFLE

33&34                      Step right behind left, step left to left side, step right beside left  
35&36                      Step left behind right, step right to right side, step left beside right  
37&38                      Step forward on right, step left beside right, step forward on right  
39&40                      Step forward on left, step right beside left, step forward on left

## ROCK-RECOVER, TURNING SHUFFLES X 3

41-42                      Rock forward on right, recover back on left  
43&44                      Shuffle ½ turn right stepping right, left, right  
45&46                      Shuffle ½ turn right stepping left, right, left  
47&48                      Shuffle ½ turn right stepping right, left, right (now facing 12:00)

## ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

49-50                      Rock forward on left, recover back on right  
51&52                      Step back on left, step right beside left, step forward on left  
53-54                      Step forward on right, pivot ½ turn left, (now facing 6:00)  
55&56                      Step forward on right, step left beside right, step forward on right

## FULL TURN, SHUFFLE, JAZZ BOX ½ TURN, POINT

57-58                      Make full turn right traveling forward stepping left, right  
59&60                      Step forward on left, step right beside left, step forward on left  
61-64                      Cross right over left, step back on left foot, step right ½ turn right, point left to left side (now facing 12:00)

**REPEAT**

Counts 33-64 are a repeat of counts 1-32, starting with right foot facing back wall

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