

# Overcome

拍数: 32                      墙数: 2                      级数: Intermediate  
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音乐: Overcome - Alexandra Burke : (Album: Overcome)



(Start on heavy beat, 44secs, 70bpm)

## BASIC NIGHTCLUB, HIP SWAYS x2, CROSS, UNWIND FULL TURN/SWEEP, WEAVE RIGHT

1-2&                      Large step left to left side, cross rock right behind left, recover left,  
3-4                      Step right to right side as you sway hips right, left,  
5-6&                      Cross right over left, unwind full turn left, sweep left,  
7&8                      Continue the left sweep behind right, step right to right side, cross left over right.

## 3/4 TURN LEFT, 1/2 TURN RIGHT, WALK BACK x2, RIGHT COASTER STEP, WALK, RIGHT ROCK

1&2                      1/4 turn left stepping back right, step left 1/4 turn left, step right 1/4 turn left,  
&3-4                      1/2 turn right – stepping back on left, step back right, step back left,  
5&6                      Step back right, step left beside right, step forward right,  
7-8                      Step forward left, rock forward right.

**TAGLET: On wall 5 dance upto count 7 and on count 8 step onto right (instead of rocking) to restart dance.**

## RECOVER, SAILOR 3/4 CROSS, SIDE STEP, ROCK RECOVER, 1/2 HINGE TURN LEFT, CROSS ROCK RECOVER

1                      Recover left,  
2&3                      Make 1/4 turn right stepping right behind left, 1/4 turn right stepping left next to right, make 1/4 turn to the right as you cross right over left,  
4-5&                      Large step left to left side, cross rock right behind left, recover left,  
6&                      Step right 1/4 left, step left 1/4 left,  
7-8                      Cross rock right over left, recover left.

## FULL TURN RIGHT, ROCK RECOVER, 3/4 TURN LEFT, ROCK RECOVER, DRAG/TOGETHER, 3/4 TURN LEFT, SOFT-SPIRAL-LINE

1&2&                      Step right 1/2 right, step back on left making 1/2 turn right, back rock right, recover left,  
3&4&                      Step right 1/2 left, step left 1/4 left, rock forward right, recover left,  
5-6&                      Drag right beside left for counts 5-6, step onto right for the & count,  
7-8                      Step left 1/4 left, step back onto right making a 1/2 turn left, while softly crossing the left over right into a spiral position (Leaving weight on right to start the dance again).

**TAG: On wall 1 dance upto count 32 and add the 8 count tag below.**

**TAG (danced once after Wall 1 – facing 6 o'clock)**

## SIDE ROCK, WEAVE, SIDE ROCK, FULL TRIPLE TURN CROSS

1-2                      Rock left to left side, recover right,  
3&4                      Step left behind right, step right to right side, cross left over right,  
5-6                      Rock right to right side, recover left,  
7&8                      Full triple turn (over right shoulder) – stepping right, left, end crossing right over left.

## CHOREOGRAPHER'S NOTE'S

**RESTART: On wall 1 dance upto count 32 and add the 8 count tag above.**

**TAGLET: On wall 5 dance upto count 7 and on count 8 step onto right (instead of rocking) to restart dance.**