

Overcomer

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Beginner
编舞者: Donna Manning (USA) - September 2013
音乐: Overcomer - Mandisa



(It does have 2 Tags, but I promise they are easy and both on the front wall after the 4th and 8th rotation)

32 count intro.....

Sec.1 (1-8) L Vine w/Touch, R Vine w/ ¼ Turn R, Touch

1,2,3,4 Step L to L Side, R behind L, Step L to L Side, Touch R next to L
5,6,7,8 Step R to R side, L behind R, Turn ¼ R Stepping R forward, Touch L next to R (3:00)

Sec.2 (9-16) Repeat Section 1 finish facing 6:00 (6:00)

Sec.3 (17-24) Step Kick 4x

1,2,3,4 Step L forward, Kick R across L, Step R forward, Kick L across R
(as you are kicking, your arms are coming across the body with finger snaps, ex. Kick R across L – the arms would come across to the R hip with snaps, repeat in the opposite direction for the other leg kick)
5,6,7,8 Repeat counts 1-4 (6:00)

Sec.4 (25-32) Step Back, Touch 4x

1,2,3,4 Step back with L, Touch R toe in front of L, Step back with R, Touch L toe in front of R
(as you are touching toe in front you are pushing palms up towards the ceiling like you are raising the roof)
5,6,7,8 Repeat counts 1-4 ending with weight on the R, L is ready to begin the vine. (6:00)

TAGS:

After wall 4: 4 counts – slow sway with a hip dip L for 2 counts, then R for 2 counts ending weight on R

After wall 8: 16 counts –

L Rocking Chair, Step, ½ Turn R, Step, Brush

1,2,3,4 L forward rock, recover weight to R, L Back Rock, Recover weight to R
5,6,7,8 Step L forward, ½ turn R taking weight to R, Step L forward, Brush R

R Rocking Chair, Step, ½ Turn L, Step, Brush

1,2,3,4 R forward rock, recover weight to L, R back rock, recover weight to L
5,6,7,8 Step R forward, ½ turn L taking weight to L, Step R forward, Brush L

Please DO NOT alter sheet in any way. You may use in its entirety. Video rights belong to choreographer.

HAVE FUN!

Contact: www.dancinfree.com