

You're An Overcomer

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Helen Reeson (AUS) - August 2014
音乐: Overcomer - Mandisa : (3:43)



1 Easy Tag & 1 Restart (both at 12.00)

Intro: 32 count, then start dance on vocals

[1-8] SIDE, TOG, KICK-BALL-CHANGE – R SHUFFLE, ROCK / RECOVER

1,2,3&4 Step R to R side, L beside, R Kick-ball-change (weight on L)

5&6,7,8 Shuffle to R side (RLR), Rock back on L, Replace weight fwd on R

[9-16] FRIEZE L, CROSS – L SIDE SHUFFLE, ROCK BACK / RECOVER

1,2,3,4 Step L to L side, R behind L, L to side, Cross R in front of L

5&6,7,8 Shuffle to L side (LRL), Rock back on R, Replace weight fwd on L

[17-24] FRIEZE ¼R, SCUFF – L FWD SHUFFLE, ROCK FWD / RECOVER

1,2,3,4 Step R to R side, L behind R, Turn ¼R step R fwd, Scuff L fwd ... 3.00

5&6,7,8 Shuffle fwd (LRL), Rock fwd on R, Replace weight back on L

[25-32] R SIDE, HOLD-&-SIDE, HOLD-&-R SIDE, TCH, L SIDE, TCH

1,2&3,4 Step R to R side, Hold (2), Together (&), R to R side (3), Hold (4)

&5,6,7,8 Together (&), R Side (5), Tch L beside R, L Side, Tch R beside L

Start again

TAG: At end of Wall 4 - Add Hip Bumps R, L, R, L (4 counts) ... 12.00

RESTART: Wall 9 starts facing 12.00. Dance to cnt 16**, then Restart ... 12.00

Can be danced as a split floor with Mark Simpkin's great dance "OVERCOMER"

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