

I'm in Overload

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) & Carrie Ann Green (ES) - September 2015
音樂: Overload - Tina Arena : (iTunes)



#32 Count intro from main beat, commence after 16 seconds from start of track. - No Tags, No Restarts

Section 1: STEP BACK SWEEP X 2, BACK X 3, HITCH LEFT.

1-2 Back on right toe, lower heel with large sweep back with left
3-4 Back on left toe, lower heel with large sweep back with right
5-6 Back right, back left (with small sweeps in between)
7-8 Back on right, hitch left knee up in front of right

Section 2: LEFT LOCK, LEFT LOCK STEP, JAZZ BOX ¼ TURN, CROSS.

1-2 Step fwd on left, lock right behind left.
3&4 Step fwd on left, lock right behind left, Step fwd on left.
5-6 Cross right over left, step back on left
7-8 Step 1/4 turn right, cross left over right (3:00)

Section 3: SIDE ROCK CROSS SHUFFLE, STEP, DRAG, BALL, CROSS, SIDE

1-2 Rock right to right, recover on left
3&4 Cross right over left, left to left, cross right over left
5-6 Step left to left, drag right towards left
&7 8 Step on ball of right, cross left over right, step right to right

Section 4: COASTER 1/4 TURN LEFT, ROCK, RECOVER, TOUCH BEHIND, 1/2 TURN. RIGHT, STEP FORWARD ON LEFT, LIFT RIGHT FOOT BEHIND LEFT IN FIGURE 4 AS YOU TURN 1/4 LEFT

1&2 Turn 1/4 left stepping back on left, close right to left, step forward on left (12:00)
3-4 Rock forward on right, recover on left
5-6 Touch right toe back, turn 1/2 right transferring weight to right (6:00)
7-8 Step forward on left, pivot 1/4 left on left with right foot behind left calf (shape of figure 4)
(3:00)

Contacts: patstott1@hotmail.co.uk - dizzyc71@hotmail.com

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