

Overcomer

拍數: 32 牆數: 4 級數: Beginner
編舞者: Melissa Lau (NZ) - March 2019
音樂: Overcomer - Mandisa



Dance begins on vocals after 32 counts

HEEL V-STEPS, WALK FORWARD R-L-R, KICK

1, 2, 3, 4 R heel diagonal fwd, L heel diagonal fwd, step R back to centre, step L next to R
5, 6, 7, 8 Walk fwd R, L, R, kick L

WALK BACK L-R-L, TOUCH, SIDE TOUCHES

1, 2, 3, 4 Step L back, step R back, step L back, touch R beside L
5, 6, 7, 8 Step R to side, touch L beside R, Step L to side, touch R beside L

¼ RIGHT MONTEREY, JAZZ BOX CROSS

1, 2, 3, 4 Point R to side, make ¼ turn right stepping R beside L, point L to side, step L next to R
5, 6, 7, 8 Cross R over L, step L back, step R to side, cross L over R

DOUBLE R HIP BUMPS, BALL-STEP, TOUCH, VINE LEFT, TOUCH

1&2, Step R to side as you push hips out to right twice (weight transfer to R on second hip bump)
&3, 4 Ball-step L next to R while stepping R to side, touch L beside R
5, 6, 7, 8 Step L to side, step R behind L, step L to side, touch R beside L

(easier option: SIDE, HOLD, BALL-STEP, TOUCH, VINE LEFT, TOUCH)

1, 2, &3, 4 Step R to side, hold, ball-step L next to R while stepping R to side, touch L beside R
5, 6, 7, 8 Step L to side, step R behind L, step L to side, touch R beside L

* TAG: 4-count Tag at the end of wall 4 (facing 12 o'clock)

SIDE TOUCHES

1, 2, 3, 4 Step R to side, touch L beside R, Step L to side, touch R beside L

* RESTART: on wall 9 after 16 counts (facing 12 o'clock)
