

Overcomer

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nancy Morgan (USA) - March 2019
音樂: Overcomer - Mandisa



Begin after 32 counts or when she starts singing, BPM: 120, Rhythm: Triple Two

Alt. Music: Good Morning (Feat TobyMac) by Mandisa, Begin after 32 counts or when she starts singing, BPM: 120,

Alt. Music: You Broke Up With Me by Walker Hayes, Begin: 16 counts after hard beat starts, BPM: 120, Rhythm:

WALK, WALK, HEEL AND HEEL, HEEL TOE, ½ TURN TAP HEEL, SLIDE R OVER L

1,2 walk forward R,L
3&4& Tap R heel forward, step R next to L, tap L heel forward, step L next to R
5,6 Tap R heel forward, tap Right toe back
7,8 Turn ½ to R as you tap your R heel forward, Slide R foot across Left

SHUFFLE FORWARD, ROCK FORWARD AND BACK, SWIVEL WALK BACK R-L-R-L

1&2 R Shuffle forward - RLR
3&4 Rock-Step forward on L, back on R, step back on L
5&6& On Toes – Swivel heels in as you step back then back out, do this on R, then L
7&8 On Toes – Swivel heels in as you step back then back out, do this on R, stomp on L

Alternate 5,6,7,8: Walk back R-L-R-L

R CROSS AND STEP, REPEAT WITH L, HOP FORWARD AND BACK, HOP FORWARD AND FORWARD

1&2 Cross R over L, Kick R slightly Forward, step R next to L
3&4 Cross L over R, Kick L slightly forward, step L next to R
&5&6 Hop forward and back and forward and back with both feet shoulder width apart (Hop R-L)
&7&8 Hop forward R-L 2 times

HEEL JACKS, STEP, PIVOT ¼ TURN TO L, KICK-BALL-CHANGE

&1 Step L to L side, tap R heel forward
&2 Step R to center, step L behind R
&3&4 Step R to R side, tap L heel forward, step L to center, step R next to L
5,6 Step forward on R, pivot ½ turn to L (weight is on L)
7&8 Kick-Ball-Change – Kick R slightly forward, step R next to L as you lift L off of floor, step R next to L

BEGIN AGAIN