

# Overglow

COPPER KNOB  
STEP SHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Val O'Connor (UK) - March 2020  
音樂: Overglow - Adam Lambert : (Album: Velvet or Overglow Live sessions)



**Intro: 32 Counts - BPM: 113**

## **PRISSY WALKS RL, R LOCK STEP, CROSS L, HITCH R, R BEHIND SIDE CROSS**

1-2-3&4      Walk forward R in front L, walk fwd L in front R, step fwd R, (&) lock L behind R, step fwd R  
5-6-7&8      Cross L over R, hitch R facing R diagonal, cross R behind L, (&) 1/8 th L step L to L side,  
cross R over L

## **SIDE L HOLD, SIDE L TOUCH R, R KICK BALL CROSS, R SIDE ROCK**

1-2& 3-4      Step L to L side, Hold for 1 count, (&) step R next to L, step L to L side, touch R toe next to L  
5&6-7-8      Kick R to R diagonal, (&) step down on R, cross L over R, R side rock, recover on L

## **1/4 R SAILOR STEP, L FORWARD ROCK, BACK L DRAG R HEEL, R COASTER STEP**

1&2-3-4      Cross R behind L, (&) 1/4 R step L to L side, step fwd on R, rock fwd on L, recover back on R  
(3)  
5-6-7&8      Long step back on L, drag R heel towards L, step back on R, (&) step L next to R, step fwd  
on R

## **CROSS L, POINT R, R HITCH BALL CROSS, R SIDE ROCK, R BEHIND 1/4 L STEP FORWARD R**

1-2-3&4      Cross L over R, point R to R side, hitch R, (&) step down on R, cross L over R  
5-6-7&8      R side rock, recover on L, cross R behind L, (&) 1/4 L step fwd on L, step fwd on R (12)

**Restarts on Wall 2 and Wall 5 ( See bottom of script )**

## **STEP FORWARD L, 1/2 R PIVOT, L SHUFFLE, 1/2 L, 1/4 L, R CROSS SHUFFLE**

1-2-3&4      Step fwd L, 1/2 R step fwd R, step fwd L, (&) step R next to L, step forward L (6)  
5-6-7&8      1/2 L step back on R, 1/4 L step L to L side, cross R over L, (&) step L to L side, cross R over L  
(9)

## **POINT L, 1/4 L, POINT RL, DIG R HEEL, HOLD, L CROSS ROCK**

1-2-3&4      Point L to L side, 1/4 L step down on L, point R to R side, (&) step down on R, point L to L side  
(6)  
&5-6      (&) Step back on L, dig R heel towards R diagonal (lean slightly back), Hold for 1 count,  
&7-8      (&) Step down on R, cross rock L over R, recover back on R

## **LONG STEP TO L, DRAG R, CROSS L OVER R, SIDE R, SWAY LR, 1/4 L SAILOR**

1-2&3-4      Long step to L side on L, drag R towards L, (&) step down on R, cross L over R, step R to R  
side  
5-6-7&8      Sway L to L side, sway R to R side, cross L behind R, (&) 1/4 L step R to R side, step L to L  
side (3)

## **CROSS SIDE SAILOR HEEL, CROSS 1/4 L, 1/2 L SHUFFLE**

1-2-3&4      Cross R over L, step L to L side, cross R behind L, (&) step back on L, dig R heel to R  
diagonal  
&5-6-7&8      (&) Step down on R, cross L over R, 1/4 L step back R, 1/2 L step fwd L, (&) step R next to Left,  
fwd L (6)

**Restarts: Wall 2 and Wall 5 Dance the first 30 counts then replace 7&8**

7-8      Cross R behind L, 1/4 L step forward on L, Restart from the beginning

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