

Overwhelmed

拍數: 64 牆數: 1 級數: Easy Intermediate
編舞者: Sonja Vocke (DE) - September 2020
音樂: Overwhelmed - Royal & the Serpent



In fact there are only 40 REAL counts because of the repetitions in Section 4, 7, 8 and Tag.

Sequences: Sequ. 1 (64), Sequ. 2 (64), Easy Tag (16 = Section 5&6), Sequ. 3 (64)
Intro: after 16 counts, starting with vocals, start with RF

Section 1 [1-8] Point, Touch, ¼ Turn L Point, Touch, ¼ Turn L Point, Touch, Ball Cross, Unwind

1-2 point RF to right (1), touch RF next to LF (2)
3-4 turn ¼ left and point RF (3) 9:00, touch RF next to LF (4)
5-6 turn ¼ left and point RF (5) 6:00, touch RF next to LF (6)
7-8 cross R ball over LF (7), ½ balls turn left to unwind (8) 12:00

Section 2 [9-16] Cross, Kick, Cross, Hitch, Monterey ½ Turn R, Monterey ½ Turn R

1-2 cross RF over LF (1), kick LF fwd. (2)
3-4 cross LF over RF (3), hitch up R knee (4)
5&6& point RF to side (5), turn ½ right and step on RF (&) 6:00, point LF to side (6), step LF next to RF (&)
7&8& point RF to side (7), turn ½ right and step on RF (&) 12:00, point LF to side (8), step LF next to RF (&)

Section 3 [17-24] Back, Back, Point (Snap), Hold, Cross Ball ¼ Turn R (Snap), Hold, Cross Side ½ Turn L (Snap), Hold, Step ¾ Turn L

1&2& step back RF (1), step back LF (&), point RF diag. back (snap fingers) (2), hold (&)
3&4& cross RF over LF (3), step fwd. on L ball turning ¼ right (&) 3:00, step RF right (snap fingers) (4), hold (&)
5&6& cross LF over RF (5), step RF right turning ½ left (&) 9:00, step LF fwd. (snap fingers) (6), hold (&)
7-8 step RF fwd. (7), turn ¾ left on LF (8) 12:00

Section 4 [25-32] Repeat Section 3

Section 5 [33-40] Cross Ball Jack, Cross Ball Jack, Turn ¼ R Cross Ball Jack, Cross Ball Jack

1&2& cross RF over LF (1), step LF back (&), touch R heel diag. (2), step RF next to LF (&)
3&4& cross LF over RF (3), step RF back (&), touch L heel diag. (4), step LF next to RF (&)
5&6& cross RF over LF turning ¼ right (5) 3:00, step LF back (&), touch R heel diag. (6), step RF next to LF (&)
7&8& cross LF over RF (7), step RF back (&), touch L heel diag. (8), step LF next to RF (&)

Section 6 [41-48] Turn ¼ R Cross Ball Jack, Cross Ball Jack, Stomp, Hold, Paddle ¼ Turn L, Paddle ¼ Turn L

1&2& cross RF over LF turning ¼ right (1) 6:00, step LF back (&), touch R heel diag. (2), step RF next to LF (&)
3&4& cross LF over RF (3), step RF back (&), touch L heel diag. (4), step LF next to RF (&)
5-6 stomp RF out (5), hold (6)
7-8 turn ¼ left on LF and point RF (7) 3:00, turn ¼ left on LF and point RF (8) 12:00

Section 7 [49-56] Repeat Section 5

Section 8 [57-64] Repeat Section 6

Easy 16-count-Tag after Sequence 2

(Repeat Section 5 & 6 again)

[1-8] Repeat Section 5

[9-16] Repeat Section 6

Start again and enjoy...

All kind of feedback is welcome! Write to: s.vocke@gmx.net
