

# Overcoming

拍數: 32      牆數: 4      級數: Improver  
編舞者: Silvia Schill (DE) - April 2023  
音樂: Getting Over You Thing - Sophia Scott & Zack Dyer



The dance begins after 36 beats with the vocals

## S1: Step, touch behind, back, kick, coaster step, hold

1-2            Step forward with right - touch left toe behind right foot  
3-4            Step back with left - kick RF forward  
5-6            Step back with right - move LF next to right  
7-8            Step forward with right - hold

## S2: Step, pivot ½ r, ¼ turn r, flick behind, ¼ turn l, hook, step, brush

1-2            Step forward with left - ½ turn right around on both balls, weight at the end right (6 o'clock)  
3-4            ¼ turn right around and step left with left - lift RF behind left leg (9 o'clock)  
5-6            ¼ turn left around and step back with right - lift LF in front of right shin and cross (6 o'clock)  
7-8            Step forward with left - swing RF forward

## S3: Toe strut forward r + l, rock forward, ¼ turn r, hold

1-2            Step forward with right, touch down the toe only - lower right heel  
3-4            Step forward with left, touch down the toe only - lower left heel  
5-6            Step forward with right - weight back on LF  
7-8            ¼ turn right around and step right with right - hold (9 o'clock)

**Restart: In 6th round - direction 6 o'clock - break off after '7', on '8': 'move LF next to right' and start from the beginning**

## S4: Cross, side, heel, close, rocking chair

1-2            Cross LF over right - small step right with right  
3-4            Step left heel diagonally left in front - move LF next to right  
5-6            Step forward with right - weight back on LF  
7-8            Step back with right - weight back on left foot

Repeat to the end

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