

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
