

Overprotected

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Indrawati Damanik (INA) & Chok Fredo (INA) - September 2024
音樂: Overprotected - Britney Spears



Start dance on Vocal Lyrics

*1Tag / 3 Restarts

Sec 1. SIDE ROCK, RECOVER, CHASSE (R L)

1 – 2 Rock RF to side with lift LF, (1) recover on LF
3 & 4 Step RF to side (3), step LF next to RF(&), step RF to side (4)
5 – 6 Rock LF to side with Lift RF (5), recover on RF(6)
7 & 8 Step LF to side (7), step RF next to LF(&), step LF to side (8)

Sec 2. UNWIND 3/4 L - BIG STEP TO SIDE – DRAG – TOUCH HEEL, TOGETHER (R-L) – BIG STEP FORWARD - TOGETHER

1 – 2 Touch RF over LF (1), and make spirial turn 3/4 left (2) (3.00)
3 – 4 Big step RF to R (3), and drag LF beside RF (4)
5&6& Heel touch RF forward (5), step RF beside LF (&), Heel touch LF forward (6), Step LF beside RF(&)

TAG HERE ON WALL 8 FACING (6.00) AND THEN RESTART

7 – 8 Big Step RF forward (7), Close LF beside RF

RESTART HERE ON WALL 2 AND WALL 5

Sec 3. PONY STEP (R-L) - PIVOT ½ L - FORWARD SHUFFLE

1 & 2 Step RF back and hitching LF knee (1), step LF nex to RF (&), step RF back and hitching LF knee (2)
3 & 4 Step LF back and hitching RF knee (3), step RF next to LF (&), step LF back and hitching RF knee (4)
5 – 6 Step RF forward (5), turn ½ left, step LF in place (6) (9.00)
7 & 8 Step RF forward (7), step LF next to RF (&), step RF forward (8)

Sec 4. ROCK FORWARD - RECOVER - COASTER STEP – TURN ¼ R HEEL TOUCH R SIDE 4X

1 – 2 Rock LF forward (1), Recover on RF (2)
3 & 4 Step LF back (3), step RF next to LF (&), step LF forward (4)
5 - 6. Turn 1/4 right touch heel to side (5) 12.00. Turn right 1/4 touch heel to side (6) 3.00
7 - 8. Turn 1/4 right touch heel to side (7) 6.00. Turn 1/4 right touch heel to side (8) 9.00

TAG 4 COUNTS ON WALL 8 AFTER 14+& COUNTS : RUN IN PLACE

1 - 2. RF in place (1) LF in place (2)
3 - 4. RF in place (3) LF in place (4)

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Happy Dancing.....

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