

# Long Overdue

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Alison Brereton  
音樂: All Or Nothing - Athena Cage



## KICK AND CROSS, STEP TOUCH, KICK BALL STEP, STEP TOUCH

1&2      Kick left over right, step left to place, step right over left  
3-4      Step left to left side, touch right to place  
5&6      Kick right diagonally forward, step right to right side, step left over right  
7-8      Step right to right side, touch left to place

## ROCK, RECOVER, STEP TURN TOUCH, SWIVEL HIPS, TRIPLE STEP TURN

1&2      Rock left behind right, recover on right, take a long step with left to side dragging right foot  
3-4      Make ¼ turn right stepping back on right, touch left toe forward with a bend in your knee  
5&6      Swivel your hips round from 4:00 to 8:00 and back again going to the left to start  
7&8      Tripe step full turn right, left, right over your left shoulder

## ROCK TURN CROSS, STEP TOUCH UNWIND, POINT, VAUDEVILLE STEP

1&2      Rock forward on left, recover on right making ¼ turn right, cross left over right  
3-4      Take a long step to the side with the right, slide left and touch behind right  
5&6      Full unwind over left shoulder, point right toe to side and hold  
7&8      Cross right over left, step back on left and touch right heel to right diagonal

## & CROSS, STEP BACK, 2 X KICKS, COASTER STEP LOCK STEP HITCH STOMP

&1      Step back on right, cross left over right  
2      Step back on right  
3&4      Kick left foot forward, bring it back to place without touching the floor, kick left to left side  
5&6      Step back on left, step right to place, step forward on left  
&7&8      Lock right behind left, step forward on left, hitch right leg and stomp right to right side finishing with weight on right

## REPEAT

## TAG

### At end of 6th wall

1-16      Walk left, right, step left, pivot ½ turn, step forward left, hold, walk right, left, step right, pivot ½ turn, step forward right, hold  
17-24      Step left behind right, step right to right side, step forward on left, step right behind left and point left toe to left side, hold  
25-36      Monterey full turn, kick right foot forward, step on to right and kick left foot to left side, finish with last 4 counts of main dance