

Verbal Renowned

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gail Cook (AUS)
音樂: Overcome - Mark McKenzie



- 1-2-3&4 Rock right over left, recover left, ¼ turn right while making a shuffle forward right, left, right
5-8 Take full turn forward stepping left, right, step forward left, close right
- 1-2-3&4 Rock right to right side, recover left, sailor step right behind left
5-6&7-8 Rock back on left, recover on right, close left, step forward on right, hook left heel to right shin taking a ½ turn left
- 1&2-3-4 Shuffle forward left, right, left, rock right to right side, recover on left
5&6-7-8 Cross shuffle right over left, step left back into ¼ turn right, step right to right side taking ¼ turn right
- 1-2&3-4 Step left forward, hook right leg up to left calf, step onto right foot, step forward on left, sweep right foot into a ½ turn left
5-6-7&8 Step right forward, scuff left foot forward, cross left over right, & right back, left to left side
- 1-2-3&4 Rock right over left, recover on left, make a 1 ¼ turn right stepping right, left, right
5&6-7-8 Sailor left behind right, lock right behind left, unwind ½ turn right
- 1&2-3-4 Cross shuffle left over right, step right back into ¼ turn left, step left forward into ½ turn right
5-8 Rock forward on right, recover on left, step back on right, drag left foot back to right
- 1-2-3&4 Rock left to left side, recover on right, step left behind right, step onto right, point left toe to left side
5-8 Take 1 ¼ turn left stepping left, right, left, slide right to right side
- 1-2-3&4 Hips right, left, right, right
5-8 Full roll left stepping left, right, left, scuff right foot beside left (ready start cross rock)

REPEAT

TAG

On the 5th wall after 40 counts of the dance add in the next 4 counts and then restart the dance from the beginning

- 1-2-3-4 Hips right, left, right, left