

Overcome

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Michael Lynn (UK) - October 2009
音樂: Overcome - Alexandra Burke : (Album: Overcome)



(Start on heavy beat, 44secs, 70bpm)

BASIC NIGHTCLUB, HIP SWAYS x2, CROSS, UNWIND FULL TURN/SWEEP, WEAVE RIGHT

1-2& Large step left to left side, cross rock right behind left, recover left,
3-4 Step right to right side as you sway hips right, left,
5-6& Cross right over left, unwind full turn left, sweep left,
7&8 Continue the left sweep behind right, step right to right side, cross left over right.

3/4 TURN LEFT, 1/2 TURN RIGHT, WALK BACK x2, RIGHT COASTER STEP, WALK, RIGHT ROCK

1&2 1/4 turn left stepping back right, step left 1/4 turn left, step right 1/4 turn left,
&3-4 1/2 turn right – stepping back on left, step back right, step back left,
5&6 Step back right, step left beside right, step forward right,
7-8 Step forward left, rock forward right.

TAGLET: On wall 5 dance upto count 7 and on count 8 step onto right (instead of rocking) to restart dance.

RECOVER, SAILOR 3/4 CROSS, SIDE STEP, ROCK RECOVER, 1/2 HINGE TURN LEFT, CROSS ROCK RECOVER

1 Recover left,
2&3 Make 1/4 turn right stepping right behind left, 1/4 turn right stepping left next to right, make 1/4 turn to the right as you cross right over left,
4-5& Large step left to left side, cross rock right behind left, recover left,
6& Step right 1/4 left, step left 1/4 left,
7-8 Cross rock right over left, recover left.

FULL TURN RIGHT, ROCK RECOVER, 3/4 TURN LEFT, ROCK RECOVER, DRAG/TOGETHER, 3/4 TURN LEFT, SOFT-SPIRAL-LINE

1&2& Step right 1/2 right, step back on left making 1/2 turn right, back rock right, recover left,
3&4& Step right 1/2 left, step left 1/4 left, rock forward right, recover left,
5-6& Drag right beside left for counts 5-6, step onto right for the & count,
7-8 Step left 1/4 left, step back onto right making a 1/2 turn left, while softly crossing the left over right into a spiral position (Leaving weight on right to start the dance again).

TAG: On wall 1 dance upto count 32 and add the 8 count tag below.

TAG (danced once after Wall 1 – facing 6 o'clock)

SIDE ROCK, WEAVE, SIDE ROCK, FULL TRIPLE TURN CROSS

1-2 Rock left to left side, recover right,
3&4 Step left behind right, step right to right side, cross left over right,
5-6 Rock right to right side, recover left,
7&8 Full triple turn (over right shoulder) – stepping right, left, end crossing right over left.

CHOREOGRAPHER'S NOTE'S

RESTART: On wall 1 dance upto count 32 and add the 8 count tag above.

TAGLET: On wall 5 dance upto count 7 and on count 8 step onto right (instead of rocking) to restart dance.