

Overwhelmed

COPPER KNOB
STEPPED SHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Lisa M. Johns-Grose (USA) - April 2012
音樂: What Makes You Beautiful - One Direction



R FRONT - L SIDE – R SAILOR – L FRONT – R SIDE – L SAILOR ¼ L

1-2 Right across left, left to left
3&4 Right behind left, left to left, right to right
5-6 Left across right, right to right
7&8 Left behind right making ¼ turn left, right to right, left to left

R ROCK FWD – L ROCK BACK – R COASTER – L ROCK FWD – R ROCK BACK – L SHUFFLE ¼ L

1-2 Rock right forward, recover back left
3&4 Step right back, left next to right, right forward
5-6 Rock left forward, recover back right
7&8 Shuffle left, right, left to left side, making ¼ turn left

CROSS ROCK R – REC L – SHUFFLE R SIDE- L FRONT – R SIDE- L BEHIND, R SIDE, L ACROSS

1-2 Cross rock right over left, recover back left
3&4 Shuffle right, left, right to right side
5-6 Left across right, right to right
7&8 Left behind right, right to right, left across right

R SIDE - HOLD – & L TOG – R SIDE – TOUCH L – L TURN ¼ - R TURN ½ - ½ SHUFFLE L, R, L

1-2 & Step right to right, hold, left together
3-4 Right to right, touch left next to right
5-6 Step left ¼ left, step right ½ left
7&8 Shuffle left, right, left making ½ turn left.

BEGIN AGAIN !

Contact: htmonalisa@aol.com