

Overcomer

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Jamie Marshall (USA), Karen Hedges (USA) & Betty Moses (USA) - June 2014
音樂: Overcomer - Mandisa



32 Count Intro

A. □ TRIPLE FORWARD, STEP, STEP R SWIVET, L SWIVET

1&2 Step R forward (1), Step L next to R (&), Step R forward (2)
3,4 Step L to L (3), Step R to R (4)
5,6 With weight on R heel and L toe, swivel R toe to R and L heel to L (5), Return to center (6)
7,8 With weight on L heel and R toe, swivel L toe to L and R heel to R (7), Return to center (8)
(12:00)

B. □ VINE R, STEP FORWARD, SWIVEL ½ L, SWIVEL ½ R, SWIVEL ½ L, WEIGHT ON L

9,10 Step R to R (9), Step L behind R (10)
11,12 Step R to R (11), Step L forward (12)
13,14 Step R forward (13), Swivel ½ L, (14), (6:00)
15,16 Swivel ½ R (15) (12:00), Swivel ½ L, taking weight (16) (6:00)

*Restart on 9th Wall

C. □ TRIPLE R, TURN ½ L, TRIPLE L, ROCK, RECOVER, STEP, ½ PIVOT L

17&18 Step R to R (17), Step L next to R (&), Step R to R (18)
19&20 Turn ½ L, stepping L to L (19), Step R next to L (&), Step L to L (20)
21,22 Rock R back (21), Recover onto L (22)
23,24 Step R forward (23), Pivot ½ L, taking weight on L (24)

D. □ STEP KICK, COASTER/CROSS, ROCK SIDE/RECOVER, BEHIND, ¼ TURN STEP FORWARD

25-26 Step forward on R (25), Kick L forward (26)
27&28 Step back on L (27), Step R next to L (&), Step L over R (28)
29-30 Rock R to side (29), Recover on L (30)
31-32 Step R behind L (31), Step L forward turning ¼ L (32)

BONUS – After 4 Walls

1,2 Step R forward (1), Swivel ¼ L, (2), (9:00)
3,4 Swivel ¼ R (3) (12:00), Swivel ½ L, taking weight (4) (6:00)

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