

Overcomer

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mark Simpkin (AUS) - June 2014
音樂: Overcomer - Mandisa



Dance begins on vocals after 32 counts. Version 1

Notes:-

There is one 4 count Tag at the end of wall 2*,
Restart on Wall 3 after 32 counts,
Restart on wall 5 after 48 counts

[1 – 8] STEP FWD L, R SHUFFLE, STEP 1/2 PIVOT, 1/2 TURNING LOCK SHUFFLE, ROCK BACK

1,2&3,4, 5 Step fwd L, Shuffle fwd R, L, R, Step fwd L, Pivot ½ turn R, (6.00)
6&7,8 Turning ½ over R Lock Shuffle L,R,L, Rock back R (12.00)

[9- 16] REPLACE L, R KICK BALL CROSS, STEP R, SAILOR 1/4 L, BALL STEP, PIVOT 1/2

1,2&3,4 Replace wgt L, Kick R, Ball, Cross L over R, Step R to R side (12.00)
5&6&7,8 Turning ¼ L Sailor Step L,R,L, (9.00), R tog, Step L fwd, Pivot ½ turn R wgt on R (3.00)

[17-24] SIDE L, HOLD, BALL CROSS L SHUFFLE, SIDE R, REPLACE L, BEHIND R, SIDE L, CROSS R

1,2&3&4 Step L to L side, Hold, Step R tog, Cross L , Step R to R, Cross L(3.00)
5,6,7&8 Rock/Step R to R side, Replace L, Step R behind, Step L to L side, Cross R over L

[25-32] TURNING OVER L 1/4 , 1/2 , L COASTER, FWD R, 1/2 BACK L, 1/2 TURNING SHUFFLE R L R

1,2,3&4 1/4 turn L, 1/2 turn L Step back R, L Coaster, (6.00)
5, 6, 7&8 Step fwd R, Turning 1/2 R Step back L, Turning 1/2 over R Shuffle R, L, R (6.00) RESTART
3RD WALL

[33-40] STEP, 1/4 PIVOT, CROSS L SHUFFLE, 1/4, 1/4, CROSS R SHUFFLE

1, 2, 3&4, Step fwd L, Pivot 1/4 turn R (wgt R), Cross shuffle L, R, L (9.00)
5, 6, 7&8 1/4 L step back R, 1/4 L step L to L side, Cross shuffle R, L, R (3.00)

[41- 48] L SIDE, REPLACE R, L SAILOR, BALL CROSS, 1/4, 1/2 TURNING SHUFFLE L

1,2,3&4 Rock/Step L to L, Replace wgt R, L Sailor
&5,6,7&8 R tog, Cross Lover R, 1/4 L Step Back R, Making 1/2 turn L Shuffle L, R, L (6.00) RESTART
5TH WALL

[49-56] ROCK R HEEL, REPLACE, HEEL SWITCHES & L & R &, STEP L, PIVOT 1/2, SHUFFLE 1/2

1, 2&3&4& Rock Step fwd R Heel, Replace wgt L, tog R, Touch L heel fwd, tog L, Touch R heel fwd, tog
R, (6.00)
5, 6,7&8, Step L fwd, Pivot 1/2 R, Making 1/2 turn R shuffle Back L, R, L (6.00)

[57 - 64] 1/4 R STEP R, HOLD, BALL STEP R, REPLACE L, BEHIND R, 1/4 L, WALK R L TURNING FULL TURN R

1,2,&,3,4 1/4 turn R Step R to R side, Hold, Step L tog, Step R to R side, Replace wgt L, (9.00)
5,6,7,8& Step R behind L, 1/4 L, Turning 1/2 L Step Back R, Turning 1/2 L Step fwd L, Step R tog
**(6.00)

TAG:

1,2,3,4 ROCK FWD R, REPLACE L, ROCK BACK R, REPLACE L (Rocking Chair)

Note; The last step of the dance 64&** is left out at the end of wall 2, and replaced at the end of the rocking chair tag.

Add the & count in when doing the restart on wall 5**

This Dance is dedicated to Betty Murdoch, who challenged me to choreograph to this song, for all Cancer Fighters.
The Overcomers!

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