|  |  |
| --- | --- |
| Fight and Overcome |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Donna Manning (USA) - September 2013 |
| **Music:** | Overcomer - Mandisa |
| . |

**Sec.1 (1-8) Side Rock, Recover, Forward Rock, Recover, ½ , ½ , ½ Triple Turn**

|  |  |
| --- | --- |
| 1,2,3,4 | Rock L to L Side, Recover to R, L Forward Rock, Recover to R |

|  |  |
| --- | --- |
| 5,6,7&8 | ½ turn L Step L forward, ½ Turn L Step R back, ¼ turn L stepping L to L side, close R to L, ¼ turn L step L forward (6:00) |

**Sec.2 (9-16) Step, ¼ Turn, Step, ½ Turn, ¼ Turn, Touch, Point, Cross Lift**

|  |  |
| --- | --- |
| 1,2,3,4 | Step R forward, ¼ Turn L taking weight to L, Step R forward, ½ Turn R Step L back |

|  |  |
| --- | --- |
| 5,6,7,8 | ¼ Turn R Step R to side, Touch L toe next to R, Point L toe to L side, Lift L knee across R knee (12:00) |

**Sec.3 (17-24) ¼ Turn Step, Ronde, Cross, Side, Behind, Point, Cross, Ronde**

|  |  |
| --- | --- |
| 1,2,3,4 | Turn ¼ L Step L forward, Sweep R back to front, Cross R over L, Step L to L side |

|  |  |
| --- | --- |
| 5,6,7,8 | R behind L, Point L toe to L side(hips angled to 10:30 working the 9:00 wall), Cross L over R, Sweep R from back to front across L to change angle of hips to 7:30 (9:00) |

**Sec.4 (25-32) R Cross Toe Heel Strut, ¼ Turn L Toe Heel Strut, Cross, Hold, Unwind**

|  |  |
| --- | --- |
| 1,2,3,4 | Touch R toe Across L, Drop R Heel, Turn ¼ Turn L touch toe of L forward, Drop L heel (6:00) |

|  |  |
| --- | --- |
| 5,6,7,8 | Cross the ball of R over L, Hold, Unwind ¾ Turn L taking weight to R foot on 8 (use your R shoulder to spot your new wall) (9:00) |

**TAGS:**

**After wall 4: 4 counts – slow sway with a hip dip L for 2 counts, then R for 2 counts ending weight on R**

**After wall 8: 16 counts –**

**L Rocking Chair, Step, ½ Turn R, Step, Brush**

|  |  |
| --- | --- |
| 1,2,3,4 | L forward rock, recover weight to R, L Back Rock, Recover weight to R |

|  |  |
| --- | --- |
| 5,6,7,8 | Step L forward, ½ turn R taking weight to R, Step L forward, Brush R |

**R Rocking Chair, Step, ½ Turn L, Step, Brush**

|  |  |
| --- | --- |
| 1,2,3,4 | R forward rock, recover weight to L, R back rock, recover weight to L |

|  |  |
| --- | --- |
| 5,6,7,8 | Step R forward, ½ turn L taking weight to L, Step R forward, Brush L |

**Please DO NOT alter sheet in any way. You may use in its entirety. Video rights belong to choreographer. HAVE FUN!**

**Contact: www.dancinfree.com**