

Long Overdue

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Alison Brereton

Music: All Or Nothing - Athena Cage



KICK AND CROSS, STEP TOUCH, KICK BALL STEP, STEP TOUCH

- 1&2 Kick left over right, step left to place, step right over left
- 3-4 Step left to left side, touch right to place
- 5&6 Kick right diagonally forward, step right to right side, step left over right
- 7-8 Step right to right side, touch left to place

ROCK, RECOVER, STEP TURN TOUCH, SWIVEL HIPS, TRIPLE STEP TURN

- 1&2 Rock left behind right, recover on right, take a long step with left to side dragging right foot
- 3-4 Make ¼ turn right stepping back on right, touch left toe forward with a bend in your knee
- 5&6 Swivel your hips round from 4:00 to 8:00 and back again going to the left to start
- 7&8 Tripe step full turn right, left, right over your left shoulder

ROCK TURN CROSS, STEP TOUCH UNWIND, POINT, VAUDEVILLE STEP

- 1&2 Rock forward on left, recover on right making ¼ turn right, cross left over right
- 3-4 Take a long step to the side with the right, slide left and touch behind right
- 5&6 Full unwind over left shoulder, point right toe to side and hold
- 7&8 Cross right over left, step back on left and touch right heel to right diagonal

& CROSS, STEP BACK, 2 X KICKS, COASTER STEP LOCK STEP HITCH STOMP

- &1 Step back on right, cross left over right
- 2 Step back on right
- 3&4 Kick left foot forward, bring it back to place without touching the floor, kick left to left side
- 5&6 Step back on left, step right to place, step forward on left
- &7&8 Lock right behind left, step forward on left, hitch right leg and stomp right to right side finishing with weight on right

REPEAT

TAG

At end of 6th wall

- 1-16 Walk left, right, step left, pivot ½ turn, step forward left, hold, walk right, left, step right, pivot ½ turn, step forward right, hold
- 17-24 Step left behind right, step right to right side, step forward on left, step right behind left and point left toe to left side, hold
- 25-36 Monterey full turn, kick right foot forward, step on to right and kick left foot to left side, finish with last 4 counts of main dance