

Man Overboard

Count: 64

Wall: 2

Level: Intermediate Plus

Choreographer: Jordan Lloyd (UK) - September 2012

Music: Good Intentions - Dappy : (iTunes)



Start 16 counts into song.

Side, Sailor, Step Back, Sailor ½ , Cross, Back, Side ¼ ,

- 1 Step right out to right side.
- 2&3 Step left behind right, step right to right side, step left slightly to left.
- 4 Step back on right.
- 5&6 Step left slightly behind right, step right to right side as you turn ¼ turn right, step forward on left as you make a ¼ turn right.
- 7&8 Cross right over left, step back on left, step right out to right side making ¼ turn over right shoulder.

Cross, Rock, Recover, Sailor 3/8, Run, Run, Forward Rock, Recover.

- 1 2 Cross left over right, rock right out to right side as you roll hips clockwise.
- 3 Recover weight onto left.
- 4&5 Step right behind right, step left to left side making ¼ turn left, step forward on right making 1/8 of a turn left. (end facing diagonal).
- 6&7 Run forward left, right, rock forward on left.
- 8 Recover back on right.

Ball Step, Touch Back, ½ Turn, ½ Turn, ½ Turn, Lift, Hold, & Step 1/8, Touch, Pivot ½.

- &1 2 Step left next to right, step back on right, touch left back.
- 3 Step forward on left making ½ turn over left shoulder (still at diagonal).
- 4&5 Step back on right making ½ turn over left shoulder, step forward on left making ½ turn over left shoulder, slightly lift right leg forward off the ground keeping leg straight.
- 6&7 Hold, step forward on right making 1/8 of a turn to the right (straightening up to the 12 o'clock wall), touch left to left side.
- 8 Pivot ½ turn over left hitching left foot slightly.

Ball Touch, Cross, Rock ½ , Recover ½ , Cross, Back, Side, Forward, Side.

- &1 Step left next to right, touch right out to right.
- 2 3 Cross right over left, make a ½ turn over left shoulder rocking forward on left.
- 4 Recover weight forward onto right doing a ½ turn right.
- 5 6& Cross left over right, step back on right, step left next to right.
- 7 8 Step forward on right, step left slightly to left side.

Left Weave, Cross Rock, Recover, Ball Cross, Unwind 1 ¼ , Together, Forward.

- 1&2 Cross right over left, step left to left, step right behind left.
- &3 4 Step left to left side, rock right over left, recover weight back on left.
- &5 6 Step right slightly to right side, cross left over right, unwind 1 ¼ turn over right shoulder.
- 7 8 Step right next to left, step forward on left.

Right Basic, ¼ Forward, ½ Back, ¼ Side, Touch, ¼ Turn, Step, ¼ Step.

- 1 2& Step right to right side, rock left behind right, recover weight onto right.
- 3 4& Step left to forward making ¼ turn left, step back on right making a ½ turn over left shoulder, step left to left side making ¼ turn left.
- 5 6 Touch right next to left, step forward on right making ¼ turn right.
- 7 8 Step forward on left, make ¼ turn right stepping right forward.

Touch, ¼ Step, Cross, ¼ , ½ , Step Forward, Cross, Back, Back Sweep, Behind, ¼ , Step Forward.

- &1 Touch left next to right, step forward on left making ¼ turn left.
- 2&3 Cross right over left, step back on left making ¼ turn right, step forward on right making ¼ turn right.
- 4 Step forward on left.
- 5&6 Cross right over left, step back on left, step back on right as you sweep left from front to back anticlockwise.
- 7&8 Step left behind right, step forward on right as you make ¼ turn right, step forward on left.

¼ Side Slide, Side Slide, Coaster Step, ½ Turn, ½ Turn, Triple Full Turn.

- 1 2 Make ¼ turn left stepping right to right side as you slide left towards right, step left to left side as you slide right towards left.
- 3&4 Step back on right, step left next to right, step forward on right.
- 5 6 Step back on left making ½ turn over right shoulder, step forward on right making ½ turn over right shoulder.
- 7&8 Make ½ turn over right shoulder stepping left back, make ½ turn over right shoulder stepping forward on right, step forward on left.

Tag: 8 count tag happens after 32 counts of the 2nd wall, you will be facing the 12 o clock wall.

Right basic, ¼ Forward, ½ Back, ¼ Side, Side, Jazz Box.

- 1 2& Step right to right side, rock left behind right, recover forward on right.
- 3 4& Step left to forward making ¼ turn left, step back on right making a ½ turn over left shoulder, step left to left side making ¼ turn left
- 5 6 Step right to right side, cross left over right.
- 7 8 Step back on right, step left slightly to left.

On wall 5 - Start dance on count 33, Left Weave, Cross Rock, Recover, Ball Cross, Unwind 1 ¼ , Together, Forward....

Start wall 6 as normal.
