

Torn Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Anne Herd (AUS) - September 2015
音乐: Overload - Tina Arena : (CD: Eleven - Deluxe - iTunes - 3:23)



Intro: Start on lyrics weight in L - (No Tags/ Restarts) Dance moves ¼ CW

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE ROCK

1-2-3&4 Cross Rock R over L, recover to L, Side shuffle R stepping RLR
5-6-7-8 Cross Rock L over R, recover to L, Rock L to side, recover to R

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE ROCK

1-2-3&4 Cross Rock L over R, recover to R, Side shuffle L stepping LRL
5-6-7-8 Cross Rock R over L, Recover to L, Rock R to side, recover to L

ROCK FORWARD, SHUFFLE BACK, WALK BACK, COASTER

1-2-3&4 Rock forward on R, recover to L, Shuffle back stepping RLR
5-6-7&8 Walk back stepping LR, Step back on L, Step R beside L, Step fwd on L

PIVOT ½, PIVOT ¼, CROSS POINT

1-2-3-4 Step R fwd, Pivot ½ L, weight to L, Step fwd on R, Pivot ¼ L, weight to L
5-6-7-8 Cross R over L, Point L to side, Cross L over R, Point R to side

[32] Begin again

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