

Overworked & Underpaid

COPPERKNOB
STEPPERS

拍数: 64 墙数: 1 级数: Improver
编舞者: Nigel Payne (UK)
音乐: Overworked and Underpaid - Dave Sheriff



LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT SHUFFLE, RIGHT SHUFFLE

1&2 Step left behind right, step right to right side, step left beside right
3&4 Step right behind left, step left to left side, step right beside left
5&6 Step forward on left, step right beside left, step forward on left
7&8 Step forward on right, step left beside right, step forward on right

ROCK-RECOVER, TURNING SHUFFLES X 3

9-10 Rock forward on left, recover back on right
11&12 Shuffle ½ turn left stepping left, right, left
13&14 Shuffle ½ turn left stepping right, left, right
15&16 Shuffle ½ turn left stepping left, right, left, (now facing 6:00)

ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

17-18 Rock forward on right, recover back on left
19&20 Step back on right, step left beside right, step forward on right
21-22 Step forward on left, pivot ½ turn right, (now facing 12:00)
23&24 Step forward on left, step right beside left, step forward on left

FULL TURN, SHUFFLE, JAZZ BOX ½ TURN, POINT

25-26 Make full turn left traveling forward stepping right, left
27&28 Step forward on right, step left beside right, step forward on right
29-32 Cross left over right, step back on right, step left ½ turn left, point right to right side (now facing 6:00)

RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT SHUFFLE, LEFT SHUFFLE

33&34 Step right behind left, step left to left side, step right beside left
35&36 Step left behind right, step right to right side, step left beside right
37&38 Step forward on right, step left beside right, step forward on right
39&40 Step forward on left, step right beside left, step forward on left

ROCK-RECOVER, TURNING SHUFFLES X 3

41-42 Rock forward on right, recover back on left
43&44 Shuffle ½ turn right stepping right, left, right
45&46 Shuffle ½ turn right stepping left, right, left
47&48 Shuffle ½ turn right stepping right, left, right (now facing 12:00)

ROCK-RECOVER, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE

49-50 Rock forward on left, recover back on right
51&52 Step back on left, step right beside left, step forward on left
53-54 Step forward on right, pivot ½ turn left, (now facing 6:00)
55&56 Step forward on right, step left beside right, step forward on right

FULL TURN, SHUFFLE, JAZZ BOX ½ TURN, POINT

57-58 Make full turn right traveling forward stepping left, right
59&60 Step forward on left, step right beside left, step forward on left
61-64 Cross right over left, step back on left foot, step right ½ turn right, point left to left side (now facing 12:00)

REPEAT

Counts 33-64 are a repeat of counts 1-32, starting with right foot facing back wall
