

Fight and Overcome

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Donna Manning (Sept 2013)

Music: Overcomer by Mandisa

Sec.1 (1-8) Side Rock, Recover, Forward Rock, Recover, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$ Triple Turn

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

5,6,7&8 $\frac{1}{2}$ turn L Step L forward, $\frac{1}{2}$ Turn L Step R back, $\frac{1}{4}$ turn L stepping L to L side, close R to L, $\frac{1}{4}$ turn L step L forward (6:00)

Sec.2 (9-16) Step, $\frac{1}{4}$ Turn, Step, $\frac{1}{2}$ Turn, $\frac{1}{4}$ Turn, Touch, Point, Cross Lift

1,2,3,4 Step R forward, $\frac{1}{4}$ Turn L taking weight to L, Step R forward, $\frac{1}{2}$ Turn R Step L back

5,6,7,8 $\frac{1}{4}$ 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) $\frac{1}{4}$ Turn Step, Ronde, Cross, Side, Behind, Point, Cross, Ronde

1,2,3,4 Turn $\frac{1}{4}$ L Step L forward, Sweep R back to front, Cross R over L, Step L to L side

5,6,7,8R 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, $\frac{1}{4}$ Turn L Toe Heel Strut, Cross, Hold, Unwind

1,2,3,4 Touch R toe Across L, Drop R Heel, Turn $\frac{1}{4}$ 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 $\frac{3}{4}$ 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, $\frac{1}{2}$ Turn R, Step, Brush

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

5,6,7,8 Step L forward, $\frac{1}{2}$ turn R taking weight to R, Step L forward, Brush R

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

1,2,3,4R 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