

# Torn Up

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**Count:** 32      **Wall:** 4      **Level:** —

**Choreographer:** Anne Herd , Australia, Sept 2015 (Version 1)

**Music:** Overload by Tina Arena. CD: Eleven (Deluxe) (126 bpm) 3:23 iTunes

**Intro: Start on lyrics weight in L - (No Tags/ Restarts) Dance moves  $\frac{1}{4}$  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  $\frac{1}{2}$ , PIVOT  $\frac{1}{4}$ , CROSS POINT**

**1-2-3-4** Step R fwd, Pivot  $\frac{1}{2}$  L, weight to L, Step fwd on R, Pivot  $\frac{1}{4}$  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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