

# My Cup Runneth Over

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**Count:** 48                      **Wall:** 2                      **Level:** Improver waltz

**Choreographer:** Lusiana Maemunah – Yogyakarta (ID), March 2020

**Music:** Olympic Standard Orchestra – My Cup Runneth Over

## #3 Tag at the end of wall 1,2 & 3

### SEC #1: BOX STEP

1-3            Step R forward, Step L to side, Step R next to L

4-6            Step L back, Step R to side, Step L next to R

### SEC #2: ¼ LEFT JAZZ BOX, FULL TURN LEFT

1-3            Cross R over L, Make ¼ R turn step L back, Step R next to L

4-6            Step L forward, Make ½ L turn step R back, Make ½ L turn step L forward

### SEC #3: CROSS ROCK, HOLD, RECOVER, TURN ¼ RIGHT FORWARD, FORWARD, TURN ½ LEFT BACK

1-3            Cross R rock R over L, Hold, Recover on L

4-6            Make ¼ R turn step R forward, Step L forward, Make ½ L turn step R back

### SEC #4: BACKWARD, TURN ¼ LEFT BACK, TURN ¼ LEFT FORWARD, FORWARD, BRUSH/KICK, BACKWARD

1-3            Step L back, Make ¼ L turn step R back, Make ¼ L turn step L forward

4-6            Step R forward, Brush L forward, Step L back

### SEC #5: TOUCH OUTSIDE, HOLD, HOLD, TURN BODY TO THE LEFT

1-3            Touch R outside R for 3 counts

4-6            Turn your body slowly to L for 3 counts R toe still touching

### SEC #6: TURN ¼ RIGHT BACK, TOGETHER, FORWARD, FORWARD, FORWARD, FORWARD SHUFFLE

1-2&3        Make ¼ R turn step R back, Step L next to R, Step R forward, Step L forward

4-5&6        Step R forward, Step L forward, Step R beside L, Step L forward

### SEC #7: WHISK, CROSS OVER, TURN ¼ LEFT BACK, BACK LOCK SHUFFLE

**1-3** Step R forward, Step L to side, Cross R behind L

**4-5&6** Cross L over R, Make  $\frac{1}{4}$  L turn step R back, Cross L over R, Step R back

**SEC #8: BACKWARD, TURN  $\frac{1}{4}$  LEFT, FORWARD, FORWARD, TURN  $\frac{1}{4}$  RIGHT SIDE, TOGETHER**

**1-3** Step L back, Make  $\frac{1}{4}$  L turn step R beside L, Step L forward

**4-6** Step R forward, Make  $\frac{1}{4}$  R turn step L to side, Step R next to L

**Enjoy the dance!**

**TAG (6 Counts)**

**1-3** Step R to side, Touch L beside R, Hold

**4-6** Step L to side, Touch R beside L, Hold

**For further questions about this dance please contact : [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**