

Overwhelmed

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Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Lisa M. Johns-Grose

Music: What Makes You Beautiful by One Direction

R FRONT - L SIDE - R SAILOR - L FRONT - R SIDE - L SAILOR $\frac{1}{4}$ L

- 1-2 Right across left, left to left
- 3&4 Right behind left, left to left, right to right
- 5-6 Left across right, right to right
- 7&8 Left behind right making $\frac{1}{4}$ turn left, right to right, left to left

R ROCK FWD - L ROCK BACK - R COASTER - L ROCK FWD - R ROCK BACK - L SHUFFLE $\frac{1}{4}$ L

- 1-2 Rock right forward, recover back left
- 3&4 Step right back, left next to right, right forward
- 5-6 Rock left forward, recover back right
- 7&8 Shuffle left, right, left to left side, making $\frac{1}{4}$ turn left

CROSS ROCK R - REC L - SHUFFLE R SIDE- L FRONT - R SIDE- L BEHIND, R SIDE, L ACROSS

- 1-2 Cross rock right over left, recover back left
- 3&4 Shuffle right, left, right to right side
- 5-6 Left across right, right to right
- 7&8 Left behind right, right to right, left across right

R SIDE - HOLD - & L TOG - R SIDE - TOUCH L - L TURN $\frac{1}{4}$ - R TURN $\frac{1}{2}$ - $\frac{1}{2}$ SHUFFLE L, R, L

- 1-2 & Step right to right, hold, left together
- 3-4 Right to right, touch left next to right
- 5-6 Step left $\frac{1}{4}$ left, step right $\frac{1}{2}$ left
- 7&8 Shuffle left, right, left making $\frac{1}{2}$ turn left.

BEGIN AGAIN !

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