

# Man Overboard

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**Count:** 64

**Wall:** 2

**Level:** Intermediate Plus

**Choreographer:** Jordan Lloyd (UK) Sept 2012

**Music:** Dappy - Good Intentions (iTunes)

**Start 16 counts into song.**

**Side, Sailor, Step Back, Sailor  $\frac{1}{2}$ , Cross, Back, Side  $\frac{1}{4}$ ,**

- 1** Step right out to right side.
- 2&3** Step left behind right, step right to right side, step left slightly to left.
- 4** Step back on right.
- 5&6** Step left slightly behind right, step right to right side as you turn  $\frac{1}{4}$  turn right, step forward on left as you make a  $\frac{1}{4}$  turn right.
- 7&8** Cross right over left, step back on left, step right out to right side making  $\frac{1}{4}$  turn over right shoulder.

**Cross, Rock, Recover, Sailor  $\frac{3}{8}$ , Run, Run, Forward Rock, Recover.**

- 1 2** Cross left over right, rock right out to right side as you roll hips clockwise.
- 3** Recover weight onto left.
- 4&5** Step right behind right, step left to left side making  $\frac{1}{4}$  turn left, step forward on right making  $\frac{1}{8}$  of a turn left. (end facing diagonal).
- 6&7** Run forward left, right, rock forward on left.
- 8** Recover back on right.

**Ball Step, Touch Back,  $\frac{1}{2}$  Turn,  $\frac{1}{2}$  Turn,  $\frac{1}{2}$  Turn, Lift, Hold, & Step  $\frac{1}{8}$ , Touch, Pivot  $\frac{1}{2}$ .**

- &1 2** Step left next to right, step back on right, touch left back.
- 3** Step forward on left making  $\frac{1}{2}$  turn over left shoulder (still at diagonal).
- 4&5** Step back on right making  $\frac{1}{2}$  turn over left shoulder, step forward on left making  $\frac{1}{2}$  turn over left shoulder, slightly lift right leg forward off the ground keeping leg straight.
- 6&7** Hold, step forward on right making  $\frac{1}{8}$  of a turn to the right (straightening up to the 12 o'clock wall), touch left to left side.
- 8** Pivot  $\frac{1}{2}$  turn over left hitching left foot slightly.

**Ball Touch, Cross, Rock  $\frac{1}{2}$ , Recover  $\frac{1}{2}$ , Cross, Back, Side, Forward, Side.**

- &1** Step left next to right, touch right out to right.
- 2 3** Cross right over left, make a  $\frac{1}{2}$  turn over left shoulder rocking forward on left.
- 4** Recover weight forward onto right doing a  $\frac{1}{2}$  turn right.
- 5 6&** Cross left over right, step back on right, step left next to right.
- 7 8** Step forward on right, step left slightly to left side.

**Left Weave, Cross Rock, Recover, Ball Cross, Unwind 1  $\frac{1}{4}$  , Together, Forward.**

- 1&2** Cross right over left, step left to left, step right behind left.
- &3 4** Step left to left side, rock right over left, recover weight back on left.
- &5 6** Step right slightly to right side, cross left over right, unwind 1  $\frac{1}{4}$  turn over right shoulder.
- 7 8** Step right next to left, step forward on left.

**Right Basic,  $\frac{1}{4}$  Forward,  $\frac{1}{2}$  Back,  $\frac{1}{4}$  Side, Touch,  $\frac{1}{4}$  Turn, Step,  $\frac{1}{4}$  Step.**

- 1 2&** Step right to right side, rock left behind right, recover weight onto right.
- 3 4&** Step left to forward making  $\frac{1}{4}$  turn left, step back on right making a  $\frac{1}{2}$  turn over left shoulder, step left to left side making  $\frac{1}{4}$  turn left.
- 5 6** Touch right next to left, step forward on right making  $\frac{1}{4}$  turn right.
- 7 8** Step forward on left, make  $\frac{1}{4}$  turn right stepping right forward.

**Touch,  $\frac{1}{4}$  Step, Cross,  $\frac{1}{4}$  ,  $\frac{1}{2}$  , Step Forward, Cross, Back, Back Sweep, Behind,  $\frac{1}{4}$  , Step Forward.**

- &1** Touch left next to right, step forward on left making  $\frac{1}{4}$  turn left.
- 2&3** Cross right over left, step back on left making  $\frac{1}{4}$  turn right, step forward on right making  $\frac{1}{4}$  turn right.
- 4** Step forward on left.
- 5&6** Cross right over left, step back on left, step back on right as you sweep left from front to back anticlockwise.
- 7&8** Step left behind right, step forward on right as you make  $\frac{1}{4}$  turn right, step forward on left.

**$\frac{1}{4}$  Side Slide, Side Slide, Coaster Step,  $\frac{1}{2}$  Turn,  $\frac{1}{2}$  Turn, Triple Full Turn.**

- 1 2** Make  $\frac{1}{4}$  turn left stepping right to right side as you slide left towards right, step left to left side as you slide right towards left.
- 3&4** Step back on right, step left next to right, step forward on right.

- 5 6** Step back on left making  $\frac{1}{2}$  turn over right shoulder, step forward on right making  $\frac{1}{2}$  turn over right shoulder.
- 7&8** Make  $\frac{1}{2}$  turn over right shoulder stepping left back, make  $\frac{1}{2}$  turn over right shoulder stepping forward on right, step forward on left.

**Tag: 8 count tag happens after 32 counts of the 2nd wall, you will be facing the 12 o'clock wall.**

**Right basic,  $\frac{1}{4}$  Forward,  $\frac{1}{2}$  Back,  $\frac{1}{4}$  Side, Side, Jazz Box.**

- 1 2&** Step right to right side, rock left behind right, recover forward on right.
- 3 4&** Step left to forward making  $\frac{1}{4}$  turn left, step back on right making a  $\frac{1}{2}$  turn over left shoulder, step left to left side making  $\frac{1}{4}$  turn left
- 5 6** Step right to right side, cross left over right.
- 7 8** Step back on right, step left slightly to left.

**On wall 5 - Start dance on count 33, Left Weave, Cross Rock, Recover, Ball Cross, Unwind 1  $\frac{1}{4}$  , Together, Forward....**

**Start wall 6 as normal.**