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## Omegalomaniac

152 Count, 4 Wall, Intermediate  
Choreographer: Daniel Exton (UK)  
Choreographed to: Alpha Dog by Fall Out Boy

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### Sequence AABCAABCDDCA

#### Section A 32 Counts

- 1 Right Grapevine, Behind, Side, Front, Side**  
1, 2 Right to Right side, Left behind Right  
3, 4 Right foot to Right side, touch Left foot next to Right  
5, 6 Touch Left foot behind Right, Touch Left foot To Left side  
7, 8 Touch Left foot in front of Right, Touch Left foot to Left side
- 2 Left Grapevine, Behind, Step-Lock-Step with 1/4 turn**  
1, 2 Left to Left side, Left behind Right  
3, 4 Left foot to Left side, Touch Right foot next to Left  
5, 6 Touch Right foot behind Left, Touch Right foot to Right side with 1/4 turn Right  
7, 8 Lock Left foot behind Right foot, Right foot forward
- 3 Rock, Recover, Shuffle Back, Rock Back, Recover, Shuffle Forward**  
1, 2 Rock forward on Left foot, Recover onto Right  
3 & 4 Left foot back, Right foot lock in front of Left, Left foot back  
5, 6 Rock back on Right foot, Recover onto Left  
7 & 8 Right foot forward, Left foot behind Right, Right foot forward
- 4 Side Rock with 1/4 turn, Cross Shuffle, Side Rock, Stomp x2**  
1, 2 Rock Left to Left side with 1/4 turn Right, Recover onto Right  
3 & 4 Cross shuffle Left over Right  
5, 6 Rock Right to Right side, Recover onto Left  
7 & 8 Stomp Right foot, Stomp Left foot

#### Section B 24 Counts

- 1 Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn**  
1, 2 Rock forward on Right foot, Recover onto Left  
3 & 4 Make a full turn stepping Right, Left, Right  
5, 6 Rock forward on Left foot, recover onto Right foot  
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left
- 2 Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn**  
1, 2 Rock forward on Right foot, Recover onto Left  
3 & 4 Make a full turn stepping Right, Left, Right  
5, 6 Rock forward on Left foot, recover onto Right foot  
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left
- 3 Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn**  
1, 2 Rock forward on Right foot, Recover onto Left  
3 & 4 Make a full turn stepping Right, Left, Right  
5, 6 Rock forward on Left foot, recover onto Right foot  
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left

#### Section C 64 Counts

- 1 Jazz Box, Chasse Right, Rock, Recover**  
1, 2 Right foot cross over Left, Left foot back  
3, 4 Right to Right side, Left next to Right  
5 & 6 Right foot to Right side, Left foot next to Right, Right foot to Right side  
7, 8 Rock Left foot behind Right, Recover onto Right
- 2 Touch, Return, Touch, Return, Chasse Left, Rock, Recover**  
1, 2 Touch Left foot to Left side, Return Left foot to Right  
3, 4 Touch Left to Left side, Return Left foot next to Right  
5 & 6 Left foot to Left side, Right foot next to Left, Left foot to Left side  
7, 8 Rock Right foot behind Left, Recover onto Left
- 3 Side, Behind, Kick x2, Side, Behind, Kick x2**  
1, 2 Touch Right foot to Right side, touch Right foot behind  
3, 4 Kick Right foot forward twice  
& 5, 6 Place Right foot down, Touch Left foot to Left side, Touch Left foot behind Right  
7, 8 Kick Left foot forward twice
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**4** **Coaster Step, Shuffle Forward, Rock, Recover, Shuffle 3/4 Turn**  
1 & 2 Left foot back, Right foot back, Left foot forward  
3 & 4 Right foot forward, Left foot lock behind Right, Right foot forward  
5, 6 Rock forward on Left foot, Recover onto Right  
7, 8 Left foot forward with 1/2 turn Left, Right foot next to Left, Left foot forward with 1/4 turn Left

**5** **Scuff, Place, Scuff, Place, Sailor Step x2**  
1, 2 Scuff Right foot forward, Place Right foot down  
3, 4 Scuff Left foot forward, Place Left foot down  
5 & 6 Right foot behind Left, Left foot to Left side, Right foot to Right side  
7 & 8 Left foot behind Right, Right foot to Right side, Left foot to Left side

**6** **Scuff, Place, Scuff, Place, Swivel Heels Right, Swivel Heels Left**  
1, 2 Scuff Right foot forward, Place Right foot down  
3, 4 Scuff Left foot forward, Place Left foot down  
5 & 6 Swivel heels to Right side, Swivel toes to Right side, Swivel heels to Right side  
7 & 8 Swivel heels to Left, Swivel toes to Left, Swivel heels to Left

**7** **Kick Ball Change, Rock Back, Shuffle Forward, 1/2 Turn**  
1 & 2 Kick Right foot forward, Place Right foot next to Left, Place Left foot next to Right  
3, 4 Rock back on Right foot, Recover onto Left  
5 & 6 Right foot forward, Left foot lock behind Right, Right foot forward  
7, 8 Left foot forward, 1/2 turn Right

**8** **Kick Ball Change, Rock Back, Shuffle Forward, 1/2 Turn**  
1 & 2 Kick Left foot forward, Place Left foot next to Right, Place Right foot next to Left  
3, 4 Rock back on Left foot, Recover onto Right  
5 & 6 Left foot forward, Right foot lock behind Left, Left foot forward  
7, 8 Right foot forward, 1/2 turn Left

#### Section D 32 Counts

**1** **Forward, Touch, Forward, Touch, Back, Touch, Back, Touch**  
1, 2 Right foot diagonally forward, Touch Left foot next to Right  
3, 4 Left foot diagonally forward, Touch Right foot next to Left  
5, 6 Right foot diagonally back, Touch Left foot next to Right  
7, 8 Left foot diagonally back, Touch Right foot next to Left

**2** **Right Grapevine, Left Grapevine with 1/4 turn**  
1, 2 Right foot to Right side, Left foot behind Right  
3, 4 Right foot to Right side, Touch Left foot next to Right  
5, 6 Left foot to Left side, Right foot behind Left  
7, 8 Left foot forward with 1/4 turn Left, Right foot next to Left

**3** **Forward, Touch, Forward, Touch, Back, Touch, Back, Touch**  
1, 2 Right foot diagonally forward, Touch Left foot next to Right  
3, 4 Left foot diagonally forward, Touch Right foot next to Left  
5, 6 Right foot diagonally back, Touch Left foot next to Right  
7, 8 Left foot diagonally back, Touch Right foot next to Left

**4** **Right Grapevine, Left Grapevine with 1/4 turn**  
1, 2 Right foot to Right side, Left foot behind Right  
3, 4 Right Foot to Right side, Touch Left foot next to Right  
5, 6 Left foot to Left side, Right foot behind Left  
7, 8 Left foot forward with 1/4 turn Left, Right foot next to Left