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Torn Up

32 Count, 4 Wall, Absolute Beginner

Choreographer: Anne Herd (AU) Sept 2015

Choreographed to: Overload by Tina Arena (3.23-126 bpm)

No Tags/Restarts. Dance moves ¼ CW

Intro: Start on lyrics weight in L

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 ½, PIVOT ¼, CROSS POINT
1-2-3-4 Step R fwd, Pivot ½ L, weight to L, Step fwd on R, Pivot ¼ 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