

# TORN UP

Choreographer: Anne Herd, Australia, September 2015 (Version 1)  
Song: Overload by Tina Arena CD: Eleven (Deluxe) (126bpm) 3:23 iTunes  
Description: 32 Count 4 Wall (No Tags/ Restarts) Dance moves  $\frac{1}{4}$  CW

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Intro: Start on lyrics weight in L

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## **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 $\frac{1}{2}$ , PIVOT $\frac{1}{4}$ , CROSS POINT**

1-2-3-4 Step R fwd, Pivot  $\frac{1}{2}$  L, weight to L, Step fwd on R, Pivot  $\frac{1}{4}$  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

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