

Overgrown

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Fred Whitehouse (IRE) - August 2025

Music: Weeds - Steven Rodriguez



Intro: 16 Counts, Start at approx 15 secs

SEC 1 Kick Cross Side, Sailor Step, Behind, ¼ Step, Step Full Spiral, Full Triple Turn

- 1&2 Kick right forward, cross right over left, step left to left
- 3&4 Step right behind left, step left to left, step right to right
- &5 Step left behind right, turn ¼ right step right forward (3:00)
- 6 Step left forward, spiralling full turn right hooking right over left (3:00)
- 7&8 Step right forward, turn ½ right step left beside right, turn ½ right step right forward (3:00)

SEC 2 Rock, Ball Touch, Ball Touch, ¾ Step Sweep, Out, Out, Click, Click

- 1-2 Rock left forward, recover weight on to right
- &3 Step left back to left diagonal, touch right beside left
- &4 Step right back to right diagonal, touch left beside right
- 5-6 Turn ¼ left step left forward, turn ½ left sweeping right from back to front (6:00)
- &7 Step right forward to right diagonal, step left to left
- &8 Click right hand to right side at waist level, click left hand to right side at waist level

***Restart Here on Wall 5**

SEC 3 Back Sweep, Back Sweep, Weave, Ball Touch, ¼ Step, ½ Back Lock Step

- 1-2 Step right back sweeping left from front to back, step left back sweeping right from front to back
- 3&4 Step right behind left, step left to left, cross right over left
- &5-6 Step left to left, touch right beside left, turn ¼ right step right forward (9:00)
- 7&8 Turn ¼ right step left to left, turn ¼ right lock right over left, step left back (3:00)

SEC 4 Touch Body Roll, Ball Back, ¼ Touch, Hip Roll, ¾ Run Around

- 1-2 Touch right back, roll body down from head to knees transferring weight onto right
- &3-4 Step left beside right, step right back, turn ¼ right touch left beside right (6:00)
- 5-6 Step left to left rolling hips anticlockwise from left to right over 2 counts
- 7&8 Turn ¼ left step right forward, turn ¼ left step left forward, turn ¼ left step right forward (9:00)