Can I synchronise an article from Pages and Word to Overleaf?

Over time, free and open source LaTeX and Overleaf have become my main tools for writing. However, I keep receiving papers from others that are in MS Word or other formats. Using pandoc it should be possible to change them to latex and work with overleaf. Here is a workflow.

Steps when creating a document on Word/Pages and pushing to Overleaf:

1. Create a document with overleaf
2. Set up a github link
3. Clone the github repo on your own computer
4. create a document within your own computer on word, or pages
5. convert the document to latex either by itself or via markdown
6. Use git to push the changes to github
7. from github pull it into overleaf
8. Adjust the latex

Steps when starting with Overleaf or synchronising