

# Overload

Count: 80

Wand: 4

Ebene: Intermediate

Choreograf/in: Carla Stranieri, Judy Rootsey & Pauline Kowacz (AUS)

Musik: Overload - Alfie Zappacosta



## INTRODUCTION

Count eight (8) beats then begin introduction (danced only once)

### HEEL TAPS AND RIGHT JAZZ BOX CROSS

1-4 Left heel taps

5-8 Step right across left, step left back, right to right side, step left across right

### HEEL TAPS AND LEFT JAZZ BOX CROSS

1-4 Right heel taps

5-8 Step left across right, step right back, left to left side, step right across left

### HIP BUMPS AND SAILOR STEPS

1-4 Step left to left side, hip bumps left, left, right, right

5&6-7&8 Step left behind right, right to right side, step left to left side, step right behind left, left to left side, step right to right side

## THE MAIN DANCE

### ROCKING CHAIR AND FULL TURN WITH PADDLE MOTION

1-4 Step left forward rock back on right, step left back rock forward on right

5&6&7&8 Step left to left side, turn  $\frac{1}{4}$  right, step left to left side turn  $\frac{1}{4}$  right, step left to left side turn  $\frac{1}{4}$  right, step left to left side turn a  $\frac{1}{4}$  right

### FORWARD HIP BUMPS

1-4 Step right forward with two hip bumps, step left forward with two hip bumps

5-8 Step right forward with two hip bumps, step left forward with two hip bumps

### BACK STEPS WITH KICKS, COASTER STEP, $\frac{1}{4}$ TURN

1-4 Step right back kick left forward click fingers at shoulder height, step left back kick right forward, click fingers at shoulder height

5&6-7-8 Step right back, step left back, step right forward, step left forward turn  $\frac{1}{4}$  right

### SAMBA CROSS AND FORWARD KICK BALL CHANGE

1&2-3&4 Step left over right, right to right side, replace weight on left, step right over left, left to left side, replace weight on right

5&6-7&8 Kick left, replace and step forward on right, repeat

### ROCKS AND STRUTS

1-2&3-4 Step forward on left, rock back on right, jump left back to right and step forward on right, rock back on left

5-8 Step right toe back, place right heel down, turn  $\frac{1}{2}$  left with left heel forward, place left toe down

### DOROTHY'S AND HIP BUMPS

1-2&3-4 Step right forward, step left behind right, jump right beside left, step left forward, step right behind left, jump left beside right and step right to right side

5-8 Hip bumps right left right left

### ROLLING VINES WITH CLAPS

1-4 Full turn right step right left right touch left together. And clap

5-8 Full turn left step left right left touch right together. And clap

### **RIGHT AND LEFT SAILOR STEPS, SYNCOPATED STEPS**

1&2-3&4 Step right behind left, left to left side, step right to right side, step left behind right, right to right side, step left to left side

&5&6&7&8 Step right to right side, step left to left side, step right to middle, step left to middle and repeat

### **HEEL JACKS, ROCK ½ TURN, TRIPLE STEP**

1&2&3&4 Step right over left, left to side, right heel forward. Replace right, step left over right, right to side, left heel forward

&5-6-7&8 Replace left and rock right forward, turn ½ right with triple step right left right

### **WEAVE, LEFT BACK LOCK AND RIGHT BACK COASTER STEP**

1-2-3-4 Step left over right, right to side, left behind right, right to side

5&6-7&8 Step left back, cross right over left, step left back, step right back, step left back to right, step right forward

### **REPEAT**

### **TAG**

At end of first wall:

### **HEEL TAPS AND RIGHT JAZZ BOX CROSS**

1-4 Left heel taps

5-8 Step right across left, step left back, right to right side, step left across right

### **HEEL TAPS AND LEFT JAZZ BOX CROSS**

1-4 Right heel taps

5-8 Step left across right, step right back, left to left side, step right across left

### **RESTART**

On third wall, restart will occur after step 32 (kick ball change)

### **ENDING**

On fifth wall, dance until step 58 (left sailor step), turn ¼ right on left sailor step to face the front and finish with the syncopated steps

---