

Overload

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Pat Stott (UK) & Carrie Ann Green (ES) - September 2015
音乐: Overload - Tina Arena : (iTunes)



#32 Count Intro, commence after 16 seconds from start of track. No Tags, No Restarts

SECTION 1: WALK FORWARD RIGHT LEFT, JUMP FORWARD OUT-OUT, HITCH, R BACK-LOCK-BACK LOCK STEP

1-2 Walk forward right, walk forward left
&3- 4 Step forward Right (&), Step forward Left (3), Hitch Right knee (4)
5-6 Step Back on Right, Lock Left Over Right
7&8 Step Back on Right, Lock Left Over Right, Step Back on Right

SECTION 2: LEFT TOUCH BACK, ½ LEFT UNWIND, RIGHT FWD, ¼ LEFT PIVOT TURN, HEEL GRIND ¼, RIGHT COASTER

1-2 Touch left back, unwind ½ left stepping down on Left (6.00)
3-4 Step Right forward, pivot ¼ left (3.00)
5-6 Dig right heel across left. Grind right heel making ¼ turn right stepping left back (6.00)
7&8 Step back on Right. Step Left beside Right. Step forward on Right

SECTION 3: STEP FORWARD, KNEE LIFT (FIGURE 4) ½ TURN RIGHT, STEP BACK ON RIGHT, ¼, RIGHT, STEP LEFT TO LEFT SIDE BEHIND SIDE, CROSS SHUFFLE

1-2 Step fwd Left, (1), Right knee lift into figure 4 position, tuck foot behind Left calf, ½ turn right (2) (12.00)
3-4 Step back on right(3), ¼ turn Right and step left to left side (4) (3.00)
5-6 Cross right behind left. Step left to side.
7&8 Cross right over left. Step left to side. Cross right over left

SECTION 4: STEP LEFT SIDE, POINT RIGHT, CROSS SAMBA, JAZZ BOX

1-2 Step left to side, point right to right side (toe pointing forward, leaning body to left)
3&4 Cross Right over Left, Rock Left to Left Side, Recover on Right
5-8 Cross Left over Right. Step Right back, Step left foot to left side, touch right foot next to left

SECTION 5: STEP BACK SWEEP X 2, BACK X 3, HITCH LEFT.

1-2 Back on right toe, lower heel with large sweep back with left
3-4 Back on left toe, lower heel with large sweep back with right
5-6 Back right, back left (with small sweeps in between)
7-8 Back on right, hitch left knee up in front of right

SECTION 6: STEP FORWARD, TAP, STEP BACK, HOOK, LEFT LOCK LEFT, ½ LEFT HITCH

1-2 Step forward on left slightly leaning forward, tap right behind left
3-4 Back on right, hook left in front of right
5-6-7 Step forward on left, lock right behind left, step forward on left
8 Turn ½ left turning on ball of left foot hitching right foot next to left leg (toes pointing down)(9.00)

SECTION 7: WEAVE RIGHT, STEP DRAG LEFT, STEP DRAG RIGHT

1-4 Weave right - side, behind, side, in front
5-8 Step right to right side, drag left, step left to left side, drag right

SECTION 8: ROCK BACK, RECOVER, ¼ TURN LEFT, RONDE, BEHIND, SIDE, BALL STEP RIGHT, TOGETHER

- 1-2 Rock back on right, recover on left
- 3-4 Turn $\frac{1}{4}$ left stepping right to right side, ronde left round (6.00)
- 5-6 Step left behind right, Step to right side
- &7-8 Step ball of Left next to Right. Step right to right side. Step left next to right. (weight on left)

Ending Wall 6 facing front wall (12.00) section 8: counts 5-6

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