

Overload Ez

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Annemaree Sleeth (AUS) - November 2015
音乐: Overload - Tina Arena : (Album: Eleven - Deluxe - iTunes - 3:23)



Written As A Split Floor “:Overload By Chris Watson & Anne Herd

No Tags No Restarts - Dance Rotates CCW

#32 Count Intro: “About 16 Secs In

Sect 1 [1 – 8] R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, L FORWARD SHUFFLE

1 – 2 Rock Right Side, Recover Left
3 & 4 Cross Right Over Left, Step Left Side, Cross Right Over Left
5 – 6 Rock Left Side, Recover Right
7 & 8 Step Left Forward , Step Right Together , Step Left Forward

SECT 2 [9 – 16] R FORWARD, ROCK 1/2 RIGHT SHUFFLE, STEP 1/2 PIVOT, WALK L FORWARD WALK R

1 - 2 Step Right Forward, Recover Left
3 & 4 Turning Right Shuffle ½ Right R,L, R
5 - 6 Step Left Forward, ½ Pivot Right
7 - 8 Walk Left Forward, Walk Right Forward

SECT 3 [17 – 24] L FORWARD ROCK, TOGETHER,R FORWARD ROCK,R BACK LOCK BACK, L BACK RECOVER

1 2 & Rock Left Forward, Recover Right, Step Left Together
3 - 4 Rock Right Forward, Recover Left
5 & 6 Step Right Back, Cross Left Over Right, Step Right Back
7 - 8 Rock Left Diagonally Behind Right, Recover Right Diagonally Left

SECT 4 [25 – 32] L DIAGONAL KICK BALL CROSS, SIDE KNEE DIP, TOUCH, KICK BALL CROSS, STEP, PIVOT ¼ R

1 & 2 Kick On Left Diagonal Forward, Step Left Together, Cross Right Over Left
3 Step Left Side Right Diagonal Bending Knees,
4 Still On Diagonally Touch Right Together
5 & 6 Kick Right Diagonally Forward, Step Right Together, Cross Slightly Left Over Right
7 - 8 Step Right Forward, 1/4 Pivot Left (Wg TI) (9.00)

Watch The Video It's Not As Hard As It Appears On Paper
Youtube Then Type In Annemaree Sleeth Or Frederina521

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