

# 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

Email: [Inlinedancing@Gmail.Com](mailto:Inlinedancing@Gmail.Com) Website: [Inlinedancing.Webs.Com](http://Inlinedancing.Webs.Com)