

Overloading

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gary O'Reilly (IRE) - January 2016
音乐: Overload - Life Of Dillon : (Single Version - iTunes)



#48 count intro starting on lyrics

Section 1: Heel Grind, Ball Cross Side, Behind, Side, Cross, Side Rock

1 2 Grind right heel across left (1), step left to left side (2)
& 3 4 Step right next to left (&), cross left over right (3), step right to right side (4)
5 & 6 Cross left behind right (5), step right to right side (&), cross left over right (6)
7 8 Rock right to right side (7), recover on left (8) (12:00)

Section 2: Cross Shuffle, ¼, ¼, Cross Rock, Chasse ¼

1 & 2 Cross right over left (1), step left to left side (&), cross right over left (2)
3 4 Turn ¼ right stepping back on left (3), turn ¼ right stepping right to right side (4) (6:00)
5 6 Cross rock left over right (5), recover back on right (6)
7 & 8 Step left to left side (7), step right next to L (&), turn ¼ left stepping forward on left (8) (3:00)

Section 3: ½, Back, Coaster Step, Walk, Walk, Out Out, Back

1 2 Turn ½ left walking back right (1), walk back left (2)
3 & 4 Step back on right (3), step L next to R (&), step forward on R (4)
5 6 Walk forward left (5), walk forward right (6)
& 7 8 Step left out to left side (&), step right out to right side (7), walk back on left (8) (9:00)

Section 4: Back, Coaster Step, Walk, Rock Recover, ¼ Chasse

1 Walk back right (1)
2 & 3 Step back on left (2), step right next to left (&), step forward left (3)
4 Walk forward right (4)
5 6 Rock forward on left (5), recover back on right (6)
7 & 8 Turn ¼ left stepping left to left side (7), step right next to left (&), step left to left side (8) (6:00)

Section 5: Cross, Side, R Sailor Heel Ball Cross, Hold, Side, Behind, Side, Cross

1 2 Cross right over left (1), step left to left side (2)
3 & 4 Cross step right behind left (3), step left to left side (&), dig right heel forward diagonally right (4)
& 5 6 Step right next to left (&), cross left over right (5), Hold (6)
&7&8 Step right to right side (&), cross left behind right (7), step right to right side (&), cross left over right (8)

Section 6: Side Rock, Sailor Step, Behind, Unwind, Pivot ½

1 2 Rock right to right side (1), recover on left (2)
3 & 4 Cross step right behind left (3), step left to left side (&), step right to right side (4)
5 6 Touch left toe back (5), unwind ½ over left shoulder weight ending on left (6) (12:00)
7 8 Step forward right (7), ½ pivot left (8) (6:00)*RESTART

*Restart here during Wall 3 (facing 6:00)

Section 7: Cross, Side Rock, Cross, Point, Jazz ¼ Cross

1 & 2 Cross right over left (1), rock left to left side (&), recover on right (2)
3 4 Cross left over right (3), point right to right side (4)
5 6 Cross right over left (5), turn ¼ right stepping back on left (6)
7 8 Step right to right side (7), cross left over right (8) (9:00)

Section 8: Side Rock, Together, Side, Touch, ¼, Pivot ½, Walk

- 1 2 Rock right to right side (1), recover onto left (2)
& 3 4 Step right next to left (&), step left to left side (3), touch right next to left (4)
5 6 Turn ¼ right stepping forward right (5), step forward left (6) (12:00)
7 8 ½ pivot right (7), walk forward left (8) (6:00)**

****TAG @ the end of wall 1 facing (6:00) & wall 4 facing (12:00)**

Tag: Cross Rock, Side Rock

- 1 2 Cross rock right over left (1), recover on left (2)
3 4 Rock right to right side (3), recover on left (4)

Enjoy !

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