

Overload

拍数: 32 墙数: 4 级数: Improver - WCS
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音乐: Overload - Zappacosta



WALK WALK OUT OUT & CROSS, SIDE TOUCHES CHASSÉ R

1 RF Step Forward
2 LF Step Forward
& RF Step R
3 LF Step L
& RF Step Inplace
4 LF Cross over RF
5 RF Step R
& LF Touch next to RF
6 LF Step L
& RF Touch next to LF
7 RF Step R
& LF Step together
8 RF Step R

SAMBA DIAMOND ¼ HEELS X4

1 LF Cross over RF
& RF Step backwards (11:00)
2 LF Step backwards
3 RF Step backwards
& LF Step 1/8 L (09:00)
4 RF Cross over LF
& LF Step L
5 RF Twist R Heel in
& RF Recover
6 LF Twist L Heel in
& LF Recover
7 RF Twist R Heel in
& RF Recover
8 RF Hold

WALK WALK SHUFFLE, MAMBO FORWARD AND BACK (WITH ARMS)

1 LF Step Forward
2 RF Step Forward
3 LF Step Forward
& RF Step Together
4 LF Step Forward
5 RF Step Forward
& LF Recover
6 RF Step together
7 LF Step back
& LF Recover
8 LF Step Together

(While you dance the Mambo, hold ur arms like you are dancing Mambo couples)

HIPROLLS L TO R & R TO L, KICK BALL CROSS, BOUNCH ½ TURN R

- 1 LF Begin hiproll from L to R
- 2 RF Finish Hiproll with weight on RF
- 3 RF Begin hiproll from R to L
- 4 RF Finish hiproll with weight on LF
- 5 RF Kick Diagonally R
- & RF Step Together
- 6 LF Cross over RF
- 7 BF Bounce Both heels Turning 1/8 R
- & BF Bounce Both heels Turning 1/8 R
- 8 BF Bounce Both heels Turning 1/8 R
- & LF Hold

(Restart on wall 4 after 16 counts.

Hold on count 7 & 8 on LF)
