

Overload

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul McAdam (UK) & Rachael McEnaney (USA)
音乐: Overload - Alfie Zappacosta



FUNKY WALKS FORWARD, KICK BACK TOUCH, BACK TOUCH, TAP STEP

- 1 Step forward on right (as you do so, close left to right popping left knee forward)
- 2 Step forward on left (as you do so, close right to left popping right knee forward)
- 3 Step forward on right (as you do so, close left to right popping left knee forward)
- 4 Step forward on left (as you do so, close right to left popping right knee forward)
- 5&6 Kick right foot forward, step back on right, touch left toe next to right
- &7 Step back on left, touch right toe next to left
- &8 Tap right toe to right side, step right foot to right side slightly further than the tap

Easy alternative for counts 1-4

- 1-4 Four walks forward, right, left, right, left

LEFT SAILOR MAKING ¼ TURN LEFT, BRUSH, HITCH, TAP, HEEL DROPS, KICK RIGHT COASTER

- 1&2 Step left behind right making ¼ turn left, step right next to left, step forward on left
- 3&4 Brush right foot forward, hitch right knee, touch right toe forward
- 5&6 Drop right heel to floor twice, kick right foot forward
- 7&8 Step back on right, step left next to right, step forward on right

STEP ½ PIVOT, LEFT SHUFFLE, ROCKING CHAIR WITH ¼ TURN HITCH

- 1-2 Step forward on left, pivot ½ turn right
- 3&4 Step forward on left, step right next to left, step forward on left
- 5&6& Rock forward on right, recover weight onto left, rock back on right, recover weight onto left
- 7&8 Step forward on right, brush left foot forward, hitch left knee making ¼ turn right

SYNCOPATED VINE WITH HEEL, SYNCOPATED WEAVE WITH TOUCH AND ¼ TURN FLICK

- 1-2 Step left to left side, cross right behind left
- &3 Step left to left side, cross right over left
- &4 Step left to left side, touch right heel to right diagonal
- &5 Step right to right side, cross left over right
- &6 Step right to right side, cross left behind right
- &7 Step right to right side, touch left toe to left side
- &8 Make ¼ turn left stepping forward on left, flick right foot back

REPEAT
