

Overload

拍数: 80 墙数: 4 级数: Intermediate
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音乐: Overload - Alfie Zappacosta



INTRODUCTION

Count eight (8) beats then begin introduction (danced only once)

HEEL TAPS AND RIGHT JAZZ BOX CROSS

1-4 Left heel taps
5-8 Step right across left, step left back, right to right side, step left across right

HEEL TAPS AND LEFT JAZZ BOX CROSS

1-4 Right heel taps
5-8 Step left across right, step right back, left to left side, step right across left

HIP BUMPS AND SAILOR STEPS

1-4 Step left to left side, hip bumps left, left, right, right
5&6-7&8 Step left behind right, right to right side, step left to left side, step right behind left, left to left side, step right to right side

THE MAIN DANCE

ROCKING CHAIR AND FULL TURN WITH PADDLE MOTION

1-4 Step left forward rock back on right, step left back rock forward on right
5&6&7&8 Step left to left side, turn $\frac{1}{4}$ right, step left to left side turn $\frac{1}{4}$ right, step left to left side turn $\frac{1}{4}$ right, step left to left side turn a $\frac{1}{4}$ right

FORWARD HIP BUMPS

1-4 Step right forward with two hip bumps, step left forward with two hip bumps
5-8 Step right forward with two hip bumps, step left forward with two hip bumps

BACK STEPS WITH KICKS, COASTER STEP, $\frac{1}{4}$ TURN

1-4 Step right back kick left forward click fingers at shoulder height, step left back kick right forward, click fingers at shoulder height
5&6-7-8 Step right back, step left back, step right forward, step left forward turn $\frac{1}{4}$ right

SAMBA CROSS AND FORWARD KICK BALL CHANGE

1&2-3&4 Step left over right, right to right side, replace weight on left, step right over left, left to left side, replace weight on right
5&6-7&8 Kick left, replace and step forward on right, repeat

ROCKS AND STRUTS

1-2&3-4 Step forward on left, rock back on right, jump left back to right and step forward on right, rock back on left
5-8 Step right toe back, place right heel down, turn $\frac{1}{2}$ left with left heel forward, place left toe down

DOROTHY'S AND HIP BUMPS

1-2&3-4 Step right forward, step left behind right, jump right beside left, step left forward, step right behind left, jump left beside right and step right to right side
5-8 Hip bumps right left right left

ROLLING VINES WITH CLAPS

1-4 Full turn right step right left right touch left together. And clap

5-8 Full turn left step left right left touch right together. And clap

RIGHT AND LEFT SAILOR STEPS, SYNCOPATED STEPS

1&2-3&4 Step right behind left, left to left side, step right to right side, step left behind right, right to right side, step left to left side

&5&6&7&8 Step right to right side, step left to left side, step right to middle, step left to middle and repeat

HEEL JACKS, ROCK ½ TURN, TRIPLE STEP

1&2&3&4 Step right over left, left to side, right heel forward. Replace right, step left over right, right to side, left heel forward

&5-6-7&8 Replace left and rock right forward, turn ½ right with triple step right left right

WEAVE, LEFT BACK LOCK AND RIGHT BACK COASTER STEP

1-2-3-4 Step left over right, right to side, left behind right, right to side

5&6-7&8 Step left back, cross right over left, step left back, step right back, step left back to right, step right forward

REPEAT

TAG

At end of first wall:

HEEL TAPS AND RIGHT JAZZ BOX CROSS

1-4 Left heel taps

5-8 Step right across left, step left back, right to right side, step left across right

HEEL TAPS AND LEFT JAZZ BOX CROSS

1-4 Right heel taps

5-8 Step left across right, step right back, left to left side, step right across left

RESTART

On third wall, restart will occur after step 32 (kick ball change)

ENDING

On fifth wall, dance until step 58 (left sailor step), turn ¼ right on left sailor step to face the front and finish with the syncopated steps
