

Overloaded

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Overload - Alfie Zappacosta : (Dirty Dancing Soundtrack)



Intro: 32 counts.

DIAGONAL TOUCH AND STEP RIGHT, LEFT, KICK STEP TOUCH SIDE, ¼ TURN HEEL TOUCHES WITH SHOULDER SHRUGS

- 1-2 Touch right diagonally forward diagonal, step right diagonally forward Styling: your shoulders will drop with each touch (right touch /right shoulder drops, shoulders center on step down, left touch diagonal / left shoulder drops, shoulders center on step down)
- 3-4 Touch left diagonally forward, step left diagonally forward Follow styling tips listed above
- 5&6 Kick right forward, step right together, touch left to side
- 7-8 Turn ¼ left and touch left heel forward over 2 count Styling: shoulders shrug along with heel touches and body should end up slightly piked over left leg which will end in a slight lunge

LOOK RIGHT, LOOK SIDE, SCUFF STEP HEEL FORWARD, PRESS BALL OF TO LEFT SIDE WITH ELBOW PUSH, STEP LEFT, ¼ BALL OF TO RIGHT SIDE WITH ELBOW PUSH, STEP RIGHT

- 1-2 Look right, look left
- 3&4 Scuff right heel forward, step right together, touch left heel forward
- 5&6 Rock left to side (left elbow to side, fist at chest level), recover to right, step left together
- 7&8 Turn ¼ left and rock right to side (right elbow to side, fist at chest level), recover to left, step right together

MODIFIED CHASSÉ BOX WITH ¼ TURNS, ¼ STEP RIGHT TO SIDE, TOGETHER LEFT

- 1&2 Chassé side left, right, left
- 3&4 Turn ¼ right and chassé side right, left, right
- 5&6 Turn ¼ left and chassé side left, right, left
- 7-8 Turn ¼ right and step right to side, step left together

STEP LOCK, TRIPLE STEP, CHASE TURN, STEP OUT, KNEE POP:

- 1-2 Step right forward, lock left behind right
- 3&4 Chassé forward right, left, right
- 5&6 Step left forward, turn ½ right (weight to right), step left forward
- &7&8 Step right to side, step left to side, bend knees forward, straighten knees

REPEAT

RESTARTS: -

Restart after count 16 on wall 4

Restart after count 8 on wall 8