

Overload

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chris Watson (AUS) & Anne Herd (AUS) - October 2015
音樂: Overload - Tina Arena : (CD: Eleven - Deluxe - iTunes - 3:23)



Intro: Start 32 beats in (15 sec) weight on L

#1: SIDE ROCK, CROSS SHUFFLE, ¾ TURN, SIDE SHUFFLE

1-2-3&4 Rock R to side, Recover to L, Cross shuffle R over L stepping RLR
5-6-7&8 Turn ¼ R stepping back on L, Turn ½ R stepping forward on R, Side shuffle L stepping LRL
(9:00)

#2: BEHIND, ¼ TURN, ½ PIVOT, ½ TURN, COASTER

1-2-3-4 Cross R behind L, Turn ¼ stepping forward on L, Step forward on R, Pivot ½ L (keep weight on L)
5-6-7&8 Step forward on R, Turn ½ R stepping back on L, Step R back, Step L beside R, step □R forward (6:00)

#3: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, PIVOT ½ STEP, TOUCH

1-2&3-4& Press/rock L forward with slight upper body roll, Recover R, Step L beside R, Press/rock R forward with slight upper body roll, Recover L, Step R beside L
5-6-7-8 Step forward on L, Pivot ½ R (take weight to R) Step L to side, Touch R beside L (12:00)

#4: KICKBALL CROSS, ½ TURN, SIDE/ DIP KNEES

1&2-3-4 Kick R on the diagonal, Step R beside L, Cross L over R, Turn ¼ L stepping back on R Turn further ¼ L, Step L to side
5-6-7-8 Step R to Right dipping knees, Straighten knees & touch L to L forward 45, Step L to Left dipping knees, Straighten knees & touch R to R forward 45 (6:00)

#5: ROCK/RECOVER. ½ PIVOT, RIGHT AND LEFT DOROTHY STEPS

1-2-3-4 Rock back on R/Recover to L, Step forward on R, Pivot ½ L
5-6&7-8& Step R foot forward on the diagonal, Lock L behind R, Step forward on R on R □diagonal, Step forward on L diagonal, Lock R behind L, Step forward on L (12:00)

#6: ROCKING CHAIR, ½ PIVOT, ¼ PIVOT

1-2-3-4 Rock forward on R. Recover to L, Rock back on R, Recover to L
5-6-7-8 Step forward on R, Pivot ½ L, Step forward on R, Pivot ¼ L (3:00)

#7: KICK, KICK, COASTER, KICK, KICK, COASTER CROSS

1-2-3&4 Kick R forward, Kick R to side, Step back on R, Step L beside R, Step forward on R
5-6-7&8 Kick L forward, Kick L to side, Step back on L, Step R beside L, Cross L over R

#8: STEP KICK, STEP KICK, BEHIND, ¼ TURN, PIVOT ½

1-2-3-4 Step R to side, Kick L out on the diagonal, Step L to side, Kick R out on the diagonal
5-6-7-8 Cross R behind L, Turn ¼ L stepping forward on L, Step Forward on R, Pivot ½ L

[64] Begin again

Contact: anneherd@bigpond.com - chrisw@travelpartners.com.au