

# Overload

拍數: 32      牆數: 4      級數: Improver - WCS  
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音樂: 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)**

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