

Systematic Overload

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lee Hamilton (SCO) & Dee Musk (UK) - October 2023
音樂: Systematic Overload - Beverley Knight



Intro: 16 Counts (approx. 9s)

Section 1 [1-8] Step R, Touch L, Step L, Touch R, R Kick Out Out, Ball Cross, ¼ R, Run ¾ Turn L

1&2& Step R to R diagonal (1), Touch L next to R (&), Step L to L diagonal (2), Touch R next to L (&)
3&4 Kick R fwd (3), Step R out to R side (&), Step L out to L side (4)
&5 Step ball of R next to L (&), Cross step L over R (5)
6 Make ¼ turn R stepping fwd on R (6) 3:00
7&8 Make ½ turn L stepping on to L (7), Step R next to L (&), Make ¼ turn L stepping fwd on L (8) 6:00

Section 2 [9-16&] R Cross & Together, Cross L, Side R, Box ½ Turn L, L Sailor, Step R Together

1&2 Cross step R over L (1), Step L to L side (&), Step R next to L (2)
34 Cross step L over R, Step R to R side (4)
56 Make ¼ turn L stepping L to L side (5), Make ¼ turn L stepping R to R side (6) 12:00
7&8& Step L behind R (7), Step R to R side (&), Step L to L side (8), Step R next to L (&)

Section 3 [17-24] Side L, Touch R, Side R, Touch L, ¼ L, Lock R, Shuffle/Lock ½ Turn L

12 Step L to L side (1), Touch R behind L looking to L and swing both arms to L (2)
34 Step R to R side (3), Touch L behind R looking to R and swing both arms to R (4)
56 Make ¼ turn L stepping fwd on L (5), Lock R behind L (6) 9:00
7&8 Make ¼ turn L stepping fwd on L (7), Step R next to L (&), Make ¼ turn L stepping fwd on L (8) 3:00

Section 4 [25-32] Press, Recover With Sweep, Pony Step Back x2, Out Out, In In

12 Press/rock fwd on R (1), Recover on L sweeping R from front to back (2)
3&4 Step back on R while popping L knee up (3), Step L next to R (&), Step back on R while popping L knee up (4)
5&6 Step back on L while popping R knee up (5), Step R next to L (&), Step back on L while popping R knee up (6)
&7&8 Step R to R side (&), Step L to L side (7), Step R to centre (&), Step L next to R (8)

Section 5 [&33-40] Ball Step, Step R, L Anchor Step, ½ R, Step L, Full Turn L

&12 Step ball of R next to L (&), Step fwd on L (1), Step fwd on R (2)
3&4 Step L behind R and rock back (3), Recover weight on R (&), Rock back on L (4)
56 Make ½ turn R stepping fwd on R (5), Step fwd on L (6) 9:00
78 Make ½ turn L stepping back on R (7), Make ½ turn L stepping fwd on L (8) (non-turning option for counts 7-8: walk fwd R, walk fwd L)

Section 6 [&41-48] Ball Together, Back R, Behind Side Cross, Ball Together, Cross R, Side L, Behind R

&12 Step fwd on ball of R (&), Step L next to R (1), Step back on R fanning L toes (2)
3&4 Step L behind R (3), Step R to R side (&), Cross step L over R (4)
&56 Step R to R side (&), Step L next to R (5), Cross step R over L (6)
78 Step L to L side (7), Step R behind L (8)

Section 7 [&49-56] Ball Cross, Hold, Ball Behind, Hold, ¼ L, Step R, Pivot ½ L, Step R, Pivot ½ L

&12 Step ball of L to L side (&), Cross step R over L (1), Hold (2)
&34 Step ball of L to L side (&), Step R behind L (3), Hold (4)

&56 Make ¼ turn L stepping on ball of L (&), Step fwd on R (5), Pivot ½ turn L (6)
78 Step fwd on R (7), Pivot ½ turn L (8) 6:00 (non-turning option for counts 5-8: R rocking chair)

Section 8 [57-64] R Side Rock, Recover, Ball Side Rock, Recover, Ball Step Fwd, Hitch L, L Coaster

12& Rock R to R side (1), Recover on L (2), Step ball of R next to L (&)

34& Rock L to L side (3), Recover on R (4), Step ball of L next to R (&)

56 Step fwd on R (5), Hitch L (6)

7&8 Step back on L (7), Step R next to L (&), Step fwd on L (8) 6:00

Ending: Unwind ½ turn R to face 12:00

Have fun!

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