Overloaded

拍數: 32	牆數: 4	級數: Intermediate

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音樂: 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