## Systematic Overload

Compte: 64
Mur: 2
Niveau: Intermediate
Chorégraphe: Lee Hamilton (SCO) \& Dee Musk (UK) - October 2023
Musique: Systematic Overload - Beverley Knight

## Intro: 16 Counts (approx. 9s)

|  | tep R, Touch L, Step L, Touch R, R Kick Out Out, Ball Cross, 1/4 R, Run 3/4 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 $1 / 4$ turn R stepping fwd on R (6) 3:00 |
| 7\&8 | Make $1 / 2$ turn $L$ stepping on to $L(7)$, Step $R$ next to $L(\&)$, Make $1 / 4$ 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
$1 \& 2 \quad$ Cross step $R$ over $L$ (1), Step $L$ to $L$ side (\&), Step $R$ next to $L$ (2)
$34 \quad$ Cross step $L$ over $R$, Step $R$ to $R$ side (4)
$56 \quad$ Make $1 / 4$ turn $L$ stepping $L$ to $L$ side (5), Make $1 / 4$ 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 $L$, $1 / 4$ L, Lock R, Shuffle/Lock $1 / 2$ 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 $1 / 4$ turn $L$ stepping fwd on $L$ (5), Lock $R$ behind $L$ (6) $9: 00$ |
| $7 \& 8$ | Make $1 / 4$ turn $L$ stepping fwd on $L$ (7), Step $R$ next to $L$ (\&), Make $1 / 4$ 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)
$56 \quad$ Make $1 / 2$ turn $R$ stepping fwd on $R(5)$, Step fwd on $L$ (6) 9:00
$78 \quad$ Make $1 / 2$ turn $L$ stepping back on $R(7)$, Make $1 / 2$ 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 [849-56] Ball Cross, Hold, Ball Behind, Hold, $1 / 4$ L, Step R, Pivot $1 / 2$ L, Step R, Pivot $1 / 2$ 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)

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)
Step back on $L$ (7), Step R next to $L(\&)$, Step fwd on $L$ (8) 6:00
Ending: Unwind $1 / 2$ turn $R$ to face 12:00
Have fun!

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