

I'm in Overload

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Pat Stott (UK) & Carrie Ann Green (ES) - September 2015
音乐: Overload - Tina Arena : (iTunes)



#32 Count intro from main beat, commence after 16 seconds from start of track. - No Tags, No Restarts

Section 1: STEP BACK SWEEP X 2, BACK X 3, HITCH LEFT.

- 1-2 Back on right toe, lower heel with large sweep back with left
- 3-4 Back on left toe, lower heel with large sweep back with right
- 5-6 Back right, back left (with small sweeps in between)
- 7-8 Back on right, hitch left knee up in front of right

Section 2: LEFT LOCK, LEFT LOCK STEP, JAZZ BOX ¼ TURN, CROSS.

- 1-2 Step fwd on left, lock right behind left.
- 3&4 Step fwd on left, lock right behind left, Step fwd on left.
- 5-6 Cross right over left, step back on left
- 7-8 Step 1/4 turn right, cross left over right (3:00)

Section 3: SIDE ROCK CROSS SHUFFLE, STEP, DRAG, BALL, CROSS, SIDE

- 1-2 Rock right to right, recover on left
- 3&4 Cross right over left, left to left, cross right over left
- 5-6 Step left to left, drag right towards left
- &7 8 Step on ball of right, cross left over right, step right to right

Section 4: COASTER 1/4 TURN LEFT, ROCK, RECOVER, TOUCH BEHIND, 1/2 TURN. RIGHT, STEP FORWARD ON LEFT, LIFT RIGHT FOOT BEHIND LEFT IN FIGURE 4 AS YOU TURN 1/4 LEFT

- 1&2 Turn 1/4 left stepping back on left, close right to left, step forward on left (12:00)
- 3-4 Rock forward on right, recover on left
- 5-6 Touch right toe back, turn 1/2 right transferring weight to right (6:00)
- 7-8 Step forward on left, pivot 1/4 left on left with right foot behind left calf (shape of figure 4) (3:00)

Contacts: patstott1@hotmail.co.uk - dizzyc71@hotmail.com

Last Update - 22nd Sept 2015