

Running On Overload

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bee Smith (SA)
音乐: Overload - Alfie Zappacosta



TAP (PRESS), ¼ TURN RIGHT, RIGHT SAILOR, LEFT SAILOR TURN LEFT, RIGHT LOCK IN PLACE

- 1 Tap right toe at left instep, bending knees towards left diagonal (use this movement to gain momentum for the swivel on count 2)
- 2 Swivel ¼ right on ball of left kicking right out diagonally right
- 3&4 Cross right behind left, step left to side, step right forward
- 5&6 Step left behind right turning a ¼ left, step right slightly right and left slightly forward
- 7&8 Cross rock right over left, replace weight on left, replace weight on right

LEFT SIDE-HOLD, STEP TWICE, ¼ TURN LEFT, FULL TURN ON RIGHT-LEFT, SCUFF RIGHT

- 1-2& Step left to left, hold, right together
- 3-4& Step left to left, hold, right together
- 5 Step left a ¼ left
- 6-7 ½ turn stepping back on right, ½ turn stepping forward on left
- 8 Scuff right out to right diagonal

JUMP OUT-OUT ON RIGHT-LEFT, LUNGE DOWN SLAPPING KNEES, JUMP BACK RIGHT, LOCK LEFT CLAP, WALK BACK RIGHT, ¼ TURN LEFT ON LEFT, CROSS SHUFFLE RIGHT-LEFT-RIGHT

- &1-2 Jump and out-out (and back) on right-left, lunge down slapping knees
- &3-4 Jump back slightly on right, lock left in front of right, clap
- 5-6 Walk back on right, step ¼ turn left on left
- 7&8 Step right across left, step slightly to left on left, step right across left taking weight on right

CROSS ROCK, REPLACE, ¼ TURN LEFT, CROSS STEP, TAP BEHIND, STEP BACK, BALL- CHANGE, BALL SIDE, CROSS, KICK

- 1-2 Rock left across right, replace weight on right
- &3-4 Turn ¼ left by stepping to left on left, step right across left with weight, tap left toe behind right heel
- &5-6 Step back slightly on left, step on ball of right across left, replace weight on left
- &7-8 Step slight right on right, step left across right, kick right out to right diagonal

REPEAT

THE TAG

After walls 3, 6, and 8

(PRISSY WALK) CROSS TOUCH-STEP, CROSS TOUCH-STEP, KICK RIGHT FORWARD, STEP RIGHT BACK, BODY ROLL TWICE

- 1-2 Touch right toes across left, drop heel taking weight (almost like a tap- step)
- 3-4 Touch left toes across right, drop heel taking weight
- 5-6 Kick right forward, step back on right (leaning back slightly in preparation of body roll, being the next move)
- 7-8 Body roll (tilt hips forward while slowly rolling the rest of your torso up, finishing with shoulders, then head)