

Overload

拍數: 32 牆數: 4 級數: Improver - WCS
編舞者: Jonas Dahlgren (SWE) - June 2016
音樂: Overload - Zappacosta



WALK WALK OUT OUT & CROSS, SIDE TOUCHES CHASSÉ R

- 1 RF Step Forward
- 2 LF Step Forward
- & RF Step R
- 3 LF Step L
- & RF Step Inplace
- 4 LF Cross over RF
- 5 RF Step R
- & LF Touch next to RF
- 6 LF Step L
- & RF Touch next to LF
- 7 RF Step R
- & LF Step together
- 8 RF Step R

SAMBA DIAMOND ¼ HEELS X4

- 1 LF Cross over RF
- & RF Step backwards (11:00)
- 2 LF Step backwards
- 3 RF Step backwards
- & LF Step 1/8 L (09:00)
- 4 RF Cross over LF
- & LF Step L
- 5 RF Twist R Heel in
- & RF Recover
- 6 LF Twist L Heel in
- & LF Recover
- 7 RF Twist R Heel in
- & RF Recover
- 8 RF Hold

WALK WALK SHUFFLE, MAMBO FORWARD AND BACK (WITH ARMS)

- 1 LF Step Forward
- 2 RF Step Forward
- 3 LF Step Forward
- & RF Step Together
- 4 LF Step Forward
- 5 RF Step Forward
- & LF Recover
- 6 RF Step together
- 7 LF Step back
- & LF Recover
- 8 LF Step Together

(While you dance the Mambo, hold ur arms like you are dancing Mambo couples)

HIPROLLS L TO R & R TO L, KICK BALL CROSS, BOUNCH ½ TURN R

- 1 LF Begin hiproll from L to R
- 2 RF Finish Hiproll with weight on RF
- 3 RF Begin hiproll from R to L
- 4 RF Finish hiproll with weight on LF
- 5 RF Kick Diagonally R
- & RF Step Together
- 6 LF Cross over RF
- 7 BF Bounce Both heels Turning 1/8 R
- & BF Bounce Both heels Turning 1/8 R
- 8 BF Bounce Both heels Turning 1/8 R
- & LF Hold

(Restart on wall 4 after 16 counts.

Hold on count 7 & 8 on LF)
