

# RUNNING ON OVERLOAD

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Bee Smith

**Music:** Overload by 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
- 6-7½ 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)