

Overload

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Count: 32

Wall: 4

Level: Improver - WCS

Choreographer: Jonas Dahlgren - June 2016

Music: Overload by Zappacosta

WALK WALK OUT OUT & CROSS, SIDE TOUCHES CHASSÉ R

1RF Step Forward

2LF Step Forward

&RF Step R

3LF Step L

&RF Step Inplace

4LF Cross over RF

5RF Step R

&LF Touch next to RF

6LF Step L

&RF Touch next to LF

7RF Step R

&LF Step together

8RF Step R

SAMBA DIAMOND ¼ HEELS X4

1LF Cross over RF

&RF Step backwards (11:00)

2LF Step backwards

3RF Step backwards

&LF Step 1/8 L (09:00)

4RF Cross over LF

&LF Step L

5RF Twist R Heel in

&RF Recover

6LF Twist L Heel in

&LF Recover

7RF Twist R Heel in

&RF Recover

8RF Hold

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

1LF Step Forward

2RF Step Forward

3LF Step Forward

&RF Step Together

4LF Step Forward

5RF Step Forward

&LF Recover

6RF Step together

7LF Step back

&LF Recover

8LF 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

1LF Begin hiproll from L to R

2RF Finish Hiproll with weight on RF

3RF Begin hiproll from R to L

4RF Finish hiproll with weight on LF

5RF Kick Diagonally R

&RF Step Together

6LF Cross over RF

7BF Bounce Both heels Turning 1/8 R

&BF Bounce Both heels Turning 1/8 R

8BF Bounce Both heels Turning 1/8 R

&LF Hold

(Restart on wall 4 after 16 counts.

Hold on count 7 & 8 on LF)