

Overloaded

32 Count, 4 Wall, Intermediate

Choreographer: Barry & Dari Anne Amato

Choreographed to: Overload by Alfie Zappacosta

CD: Dirty Dancing Soundtrack (108bpm)

32 count intro

DIAGONAL TOUCH AND STEP RIGHT, LEFT, KICK STEP TOUCH SIDE, ¼ TURN HEEL TOUCHES WITH SHOULDER SHRUGS

1-2 Touch right diagonally forward diagonal, step right diagonally forward

Styling Your shoulders will drop with each touch (right touch /right shoulder drops, shoulders centre on step down, left touch diagonal / left shoulder drops, shoulders centre on step down)

3-4 Touch left diagonally forward, step left diagonally forward

Styling Follow styling tips listed above

5&6 Kick right forward, step right together, touch left to side

7-8 Turn ¼ left and touch left heel forward over 2 count

Styling Shoulders shrug along with heel touches and body should end up slightly piked over left leg which will end in a slight lunge

LOOK RIGHT, LOOK SIDE, SCUFF STEP HEEL FORWARD, PRESS BALL OF TO LEFT SIDE WITH ELBOW PUSH, STEP LEFT, ¼ BALL OF TO RIGHT SIDE WITH ELBOW PUSH, STEP RIGHT

1-2 Look right, look left

3&4 Scuff right heel forward, step right together, touch left heel forward

5&6 Rock left to side (left elbow to side, fist at chest level), recover to right, step left together

7&8 Turn ¼ left and rock right to side (right elbow to side, fist at chest level), recover to left, step right together

MODIFIED CHASSÉ BOX WITH ¼ TURNS, ¼ STEP RIGHT TO SIDE, TOGETHER LEFT

1&2 Chassé side left, right, left

3&4 Turn ¼ right and chassé side right, left, right

5&6 Turn ¼ left and chassé side left, right, left

7-8 Turn ¼ right and step right to side, step left together

STEP LOCK, TRIPLE STEP, CHASE TURN, STEP OUT, KNEE POP

1-2 Step right forward, lock left behind right

3&4 Chassé forward right, left, right

5&6 Step left forward, turn ½ right (weight to right), step left forward

&7&8 Step right to side, step left to side, bend knees forward, straighten knees

Repeat

Restart

After count 16 on wall 4

After count 8 on wall 8

Music download available from iTunes