

# Overload

**Description:** 32 Counts, Intermediate Level, 4 Wall Line Dance  
**Choreographed by:** Paul McAdam and Rachael McEnaney (UK) (June 2005)  
**Music:** "Overload" by Zappa Costa (Dirty Dancing Soundtrack)  
**Notes:** 108 bpm, Dance starts 40 counts from start of track, on vocals

**1 – 8 FUNKY WALKS FORWARD, KICK BACK TOUCH, BACK TOUCH, TAP STEP**

- 1 Step forward on right as you do so close left to right popping left knee forward,
- 2 Step forward on left as you do so close right to left popping right knee forward,
- 3 Step forward on right as you do so close left to right popping left knee forward,
- 4 Step forward on left as you do so close right to left popping right knee forward,
- 5 & 6 Kick right foot forward, step back on right, touch left toe next to right
- & 7 Step back on left, touch right toe next to left
- & 8 Tap right toe to right side, step right foot to right side slightly further than the tap.

*Easy Alternative for counts 1 – 4*

- 1 – 4 Four walks forward, right, left, right, left

**9 – 16 LEFT SAILOR MAKING ¼ TURN LEFT, BRUSH, HITCH, TAP, HEEL DROPS, KICK, RIGHT COASTER**

- 1 & 2 Step left behind right making ¼ turn left, step right next to left, step forward on left
- 3 & 4 Brush right foot forward, hitch right knee, touch right toe forward
- 5 & 6 Drop right heel to floor twice, kick right foot forward
- 7 & 8 Step back on right, step left next to right, step forward on right

**17 – 24 STEP ½ PIVOT, LEFT SHUFFLE, ROCKING CHAIR WITH ¼ TURN HITCH**

- 1 – 2 Step forward on left, pivot ½ turn right
- 3 & 4 Step forward on left, step right next to left, step forward on left
- 5 & 6 & Rock forward on right, recover weight onto left, rock back on right, recover weight onto left
- 7 & 8 Step forward on right, brush left foot forward, hitch left knee making ¼ turn right

**24 – 32 SYNCOPATED VINE WITH HEEL, SYNCOPATED WEA VE WITH TOUCH AND ¼ TURN FLICK**

- 1 – 2 Step left to left side, cross right behind left
- & 3 Step left to left side, cross right over left
- & 4 Step left to left side, touch right heel to right diagonal
- & 5 Step right to right side, cross left over right
- & 6 Step right to right side, cross left behind right
- & 7 Step right to right side, touch left toe to left side
- & 8 Make ¼ turn left stepping forward on left, flick right foot back.

**START AGAIN**  
**HAVE FUN!**