

Running On Overload

Bee Smith

4 WALL - 32 COUNT – INTERMEDIATE

STEPS FOOTWORK	CALLING SUGGESTION
SECTION 1	
TAP (press), ¼ TURN R, R SAILOR, L SAILOR TURN L, R LOCK IN PLACE	
1 Tap R toe at L instep, bending knees towards L diagonal (use this movement to gain momentum for the swivel on count 2)	Tap (Press) Bend
2 Swivel ¼ R on ball of L kicking R out diagonally R	Turn & Kick
3 & 4 Cross R behind L, step L to side, step R forward	Sailor Step
5 & 6 Step L behind R turning a ¼ L, step R slightly R and L slightly forward	Sailor Turn
7 & 8 Cross rock R over L, replace weight on L, replace weight on R	Step, Lock, Step
SECTION 2	
L SIDE-HOLD, STEP X 2, ¼ TURN L, FULL TURN ON R-L, SCUFF R	
1 - 2 & Step L to L, HOLD, R together	Side, hold, together
3 - 4 & Step L to L, HOLD, R together	Side, hold, together
5 Step L a ¼ L	Turn
6 - 7 ½ turn stepping back on R, ½ turn stepping forward on L	Full Turn
8 Scuff R out to R diagonal	Scuff
SECTION 3	
JUMP OUT-OUT ON R-L, LUNGE DOWN SLAPPING KNEES, JUMP BACK R, LOCK L, CLAP, WALK BACK R, ¼ TURN L ON L, CROSS SHUFFLE R-L-R	
& 1 - 2 Jump and OUT-OUT (and back) on R-L, lunge down slapping knees	Out, out, slap
& 3 - 4 Jump back slightly on R, lock L in front of R, clap	Back, lock, clap
5 - 6 Walk back on R, step ¼ turn L on L	Walk back, turn
7 & 8 Step R across L, step slightly to L on L, step R across L taking weight on R	Cross shuffle
SECTION 4	
CROSS ROCK, REPLACE, ¼ TURN L, CROSS STEP, TAP BEHIND, STEP BACK, BALL-CHANGE, BALL SIDE, CROSS, KICK	
1 - 2 Rock L across R, replace weight on R	Cross rock, replace
& 3 - 4 Turn ¼ L by stepping to L on L, step R across L with weight, tap L toe behind R heel	Turn, cross, tap
& 5 - 6 Step back slightly on L, step on ball of R across L, replace weight on L	Back, ball-change
& 7 - 8 Step slight R on R, step L across R, kick R out to R diagonal	Step side, cross, kick
THE TAG	
(Prissy Walk) CROSS TOUCH-STEP, CROSS TOUCH-STEP, KICK R FORWARD, STEP R BACK, BODY ROLL X 2	
1 - 2 Touch R toes across L, drop heel taking weight (almost like a tap-step)	Cross rock, replace
3 - 4 Touch L toes across R, drop heel taking weight	Turn, cross, tap
5 - 6 Kick R forward, Step back on R (leaning back slightly in preparation of body roll, being the next move)	Step, ball-change
7 - 8 Body Roll (tilt hips forward whilst slowly rolling the rest of your torso up, finishing with shoulders, then head)	Step, cross, kick

Choreographed to: Overload by Zappacosta from the Dirty Dancing Movie Soundtrack

Note:

Do the dance at 12 o' clock, 3, 6, tag @ 9, dance at 9, 12, 3, tag @ 6, dance at 6, 9, then tag repeat to end of song! You will be facing 12 o' clock! Tag is easy as it's done on the chorus when he sings "It's overload"...

This is a "feel good" number which hopefully will enable you to be uninhibited about trying some "raunchy" moves! Good Luck and I hope you enjoy this as much as I do! The music is divine!

This dance is dedicated to three special ladies, who ALL loved this dance, thank you!

Claudette, Tks for being there for me from day one and for STILL being there! Your loyalty, enthusiasm, encouragement and friendship mean the world to me, thank you my little friend!

My dear friend Wendy, who has always been so loyal, encouraging and supportive of my dance class and complimentary about my line dance teaching methods. Thanks for having so much faith in me Wendz, and encouraging me never to give up, no matter how hard the challenges were... Thanks for always being there for me!

Also to my friend Caz Behrman, for being such an inspiration by showing so much faith and enthusiasm in my class. Thanks too, for the encouragement and moral support when I really needed it! Thanks for all your help with researching dances to teach and obtaining the music to make it happen!

Bee