

# **Overload**

Choreographed by: Paul McAdam & Rachael McEnaney  
Description: 32 count, 4 wall, intermediate line dance  
Music: "Overload" by Alfie Zappacosta [ 108 bpm ]

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## **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

## **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

## **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

## **SYNCOPATED VINE WITH HEEL, SYNCOPATED WEAVE 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

## **REPEAT**