

# Loaded Man

Count: 32

Wand: 4

Ebene:

Choreograf/in: Marg Jones (CAN)

Musik: Loaded - Ricky Martin



Step sheet is written as half-time, as many of the & steps are holds. Put lots of Latin movement & attitude into this dance!

## WALK FORWARD RIGHT, LEFT, COASTER BACK

- 1&2& Walk forward right, hold, walk forward left, hold  
3&4& Step back on right, step back on left, step forward on right, hold

## WALK FORWARD LEFT, RIGHT, COASTER BACK

- 5&6& Walk forward left, hold, walk forward right, hold  
7&8& Step back on left, step back on right, step forward on left, hold

## TOE STRUTS RIGHT, LEFT, MAMBO CROSS &

- 9& Step right toe forward on right diagonal, lower heel  
10& Step left toe forward on right diagonal, lower heel  
11& Rock right to right, recover weight onto left  
12& Step right across left, step left beside right (uncrossed)

## PADDLE TURN LEFT full turn

- 13& Use right to paddle ¼ turn left, step on left  
14& Repeat  
15& Repeat  
16& Repeat

At same time as you step on left at 16&, swing right around to front in preparation for next step

## CROSS ROCK, RECOVER, STEP, SWING

- 17& Rock right across front of left, recover on left  
18& Step right in place, swing left around to front ready for next step

## CROSS ROCK, RECOVER, STEP, HOLD

- 19& Rock left across front of right, recover on right  
20& Step left in place, hold

## MAMBO CROSSES

- 21& Rock right to right, recover weight onto left  
22& Step right across left, hold  
23& Rock left to left, recover weight onto right  
24& Step left across right, swing right around to front ready for next step

Use lots of hip movement in the last part of the dance

## TRAVELING CROSS STEPS TO LEFT, ENDING WITH ¼ TURN RIGHT

- 25& Step right across front of left, step left to left  
26& Step right across front of left, step left to left  
27& Step right across front of left, step left to left  
28& Step right across front of left, swing left around across front of right ready for next step, and turn ¼ right at same time

## TRAVELING CROSS STEPS TO RIGHT

- 29& Step left across front of right, step right to right

- 30& Step left across front of right, step right to right  
31& Step left across front of right, step right to right  
32& Step left across front of right, swing right around to front ready to begin dance again

**REPEAT**

**BIG ENDING**

You'll be facing the back wall and have just done step 24&. Stomp down on right across front of left as Ricky sings "don t stop!" put hands apart up high in the air.

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