

# Load Me Up

拍数: 32      墙数: 4      级数: Improver two step  
编舞者: Sandi Leroux (CAN)  
音乐: Load Me Up - The Cruzeros



## TRIPLE TURN FORWARD FULL TURN RIGHT

1&2      Step right forward, step left beside right, step right forward  
3&4      Pivot ½ turn right stepping left foot back, step right beside left, step left back  
5&6      Pivot ½ turn right stepping right foot forward, step left beside right, step right forward  
7-8      Step left forward, touch right beside left

## CHASSE RIGHT, ¼ TURN RIGHT, PIVOT ½ TURN RIGHT

1&2      Step right to right, step left to right, step right to right  
&3&4      Step left to right, step right to right, step left to right, step right ¼ turn right  
5-6      Step forward left pivot ½ turn right, step forward right  
7-8      Rock forward left, recover right

## BACK CROSS, TRIPLE ½ TURN RIGHT, FORWARD TRIPLE LEFT, STEP RIGHT, STEP LEFT

1&2      Step back left, step right across front of left, step back left  
3&4      Step right 1/8 turn right, step left 1/8 turn beside right, step right 1/8 turn right  
5&6      Step left forward, step right beside left, step left forward  
7-8      Step right forward, step left beside right

## HEEL LIFTS, BACK RIGHT/LEFT, DWIGHTS, SLIDE/STEP

1&2&      Touch right heel front, lift right heel across left shin, touch right heel front, lift right heel to right side (flick)  
3-4      Step back right, step back left  
5&6&      Right toe to right side, right heel to right side, right toe to right side, place weight on right  
7-8      Slide left to right, step down on left

## REPEAT

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