

Loaded

拍数: 64 墙数: 4 级数:
编舞者: Warren Mitchell (AUS)
音乐: Loaded - Ricky Martin



-
- 1-4 Rock left forward, step right on spot, step left together, hold
5-8 Touch right toe back, hitch right leg slightly making $\frac{1}{2}$ turn right, touch right toe forward hold
- 1-4 Rock right to right, step left on spot, step right behind left, hold
5-8 Rock left to left, step right on spot, step left behind right, hold
- 1-4 Rock right to right, step left on spot, step right behind left, step left to left making $\frac{1}{4}$ turn left
5-8 Step right forward making $\frac{1}{2}$ pivot to left, step right forward, hold
- 1-4 Walk forward - left-right-left, hold
5-8 Step right forward making $\frac{1}{2}$ pivot to left, step right forward, hold
- 1-4 Rock left to left, step right on spot, cross left over right, hold
5-8 Rock right to right, step left on spot, cross right over left, hold
- 1-4 Rock left to left, step right on spot, cross left over right, hold
5-8 Touch right to right, step right together, touch left to left, step left together
- 1-4 Touch right to right, bring right together turning $\frac{1}{2}$ to right, touch left to left, step left across right
5-8 Touch right to right, step right across left, touch left to left, step left across right
- 1-4 Touch right to right, clap, clap, hold
5-8 Touch right behind left, unwind full turn to right for 3 beats

REPEAT
