

Loaded

拍数: 70 墙数: 4 级数: Intermediate
编舞者: Kathy Daley
音乐: Loaded - Ricky Martin



HEEL DIG, TOE TAP, SHUFFLE FORWARD

1-2-3 Heel right forward, tap right toe next to left foot, heel right forward
4&5 Shuffle forward on right

HEEL DIG, TOE TAP, SHUFFLE FORWARD

6-7-8 Heel left forward, tap left toe next to right foot, heel left forward
9&10 Shuffle forward on left

SIDE ROCK AND TOGETHER - REPEAT 3 TIMES

11&12 Rock right to right side, recover weight on left - step right next to left
13&14 Rock left to left side, recover weight on right - step left next to right
15&16 Rock right to right side, recover weight on left - step right next to left
17&18 Rock left to left side, recover weight on right - step left next to right

KICK FORWARD & SIDE, RIGHT & LEFT SAILOR

19&20 Kick right foot forward twice, kick once to right side
21&22 Step right foot behind left, step left to left side, step right foot forward
23&24 Kick left foot forward twice, kick once to left side - left sailor
25&26 Step left foot behind right, step right to right side, step left foot forward

RIGHT SIDE TOGETHER SIDE, BUMP HIPS, REPEAT ON LEFT

27&28 Step right to right side, step left next to right, step right to right side
29&30 Bump hips 3 times - right, left, right
31&32 Step left to left side, step right next to left, step left to left side
33&34 Bump hips 3 times - left, right, left

STEP FORWARD AND BUMP HIPS - REPEAT 3 TIMES

35&36 Step diagonally forward on right - bump hips forward & back
37&38 Step diagonally forward on left - bump hips forward & back
39&40 Step diagonally forward on right - bump hips forward & back
41&42 Step diagonally forward on left - bump hips forward & back

WALK BACK & CLAPS

43-44-45-46 Walk back right & clap - walk back left & clap
47-48-49-50 Walk back quickly right, left, right & clap

COASTER, TOE POINTS AND TOE LIFTS

51&52 Step left foot back, step right foot next to left, step left foot forward
53&54& Point right toe forward, lift foot - point right toe forward, lift foot

SHUFFLE FORWARD, BACK ½ & ¼ TURNS

55&56-57-58 Shuffle right forward, step left forward ½ turn right
59&60-61-62 Shuffle left forward, step right forward ¼ turn left

MAMBO ROCKS

63&64 Rock forward on right, recover weight on left, step right next to left
65&66 Rock back on left, recover weight on right, step left next to right

67&68

Rock right to right side, recover weight on left, step right next to left

69&70

Rock left to left side, recover weight on right, step left next to right

REPEAT
