

# Loaded And Down

拍数: 48                      墙数: 4                      级数: Intermediate  
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音乐: Loaded - Ricky Martin



## KICKS AND SAILOR STEPS WITH HEEL TOUCHES

1&2                      Kick right to right diagonal, cross-step right behind left, rock left to left side  
&3&                      Rock weight back onto right, cross-step left behind right, step right to right side  
4&                      Touch left heel to left diagonal, step left beside right  
5&                      Kick right to right diagonal, step right in place  
6&                      Kick left to left diagonal, cross-step left behind right  
7&                      Rock right to right side, rock weight back onto left  
8                      Touch right heel to right diagonal

**On each above kick, click fingers at shoulder level for styling**

## HEEL GRIND, BACK ROCK, STOMP AND CLAPS, HIP ROLLS (½-LEFT)

1                      Step forward on right heel with right toes pointing left  
&                      Rock weight back onto left while swiveling right toes right  
2&                      Rock back on right, rock weight forward onto left  
3&4                      Stomp right forward, hold and clap hands twice  
5&                      Roll hips to the left while turning an 1/8th left  
6&                      Roll hips to the left while turning an 1/8th left  
7&                      Roll hips to the left while turning an 1/8th left  
8                      Roll hips to the left while turning an 1/8th left touching right beside left

**For above counts 5-8, you would have completed ½ a turn left on the spot, facing back wall**

## SIDE TOGETHER, SIDE TOUCHES

1-2                      Step right to right side, step left beside right  
3-4                      Step right to right side, touch left beside right  
5-6                      Step left to left side, step right beside left  
7-8                      Step left to left side, touch right beside left

**During the above 8 counts, swing your hips for styling**

## WALKS FORWARD WITH KICK, WALKS BACK WITH KICK

1-4                      Walk forward, right, left, right, kick left forward  
5-8                      Walk back left, right, left, kick right forward

## SIDE ROCK, CROSS HOLDS

1-2                      Rock right to right side, rock weight back onto left  
3-4                      Cross-step right over left, hold and click fingers at shoulder level  
5-6                      Rock left to left side, rock weight back onto right  
7-8                      Cross-step left over right, hold and click fingers at shoulder level

## STEP PIVOT (½-LEFT), STEP HOLD, SHIMMY (¼-LEFT)

1-2                      Step right forward, pivot ½ a turn over left shoulder  
3-4                      Step right forward, hold  
5-7                      Step left to left side while shimmying shoulders for 3 counts  
8                      On ball of left, turn ¼ turn left touching right toe beside left

**REPEAT**