

Loaded

拍數: 64 牆數: 2 級數: Improver - Salsa
編舞者: Nicola Lafferty (UK) - November 2014
音樂: Loaded (George Noriega Radio Edit 2) - Ricky Martin : (Album: The Greatest Hits)



Intro: 16 Counts from when main beat starts (approx 19 secs)

[1-8] □ Tap R Fwd, Tap L Fwd, R Side Mambo, Hold

1,2 Tap RF fwd, Close RF beside LF
3,4 Tap LF fwd, Close LF beside RF
5,6,7,8 Rock RF to R side, Recover weight to LF, Close RF to LF, Hold

[9-16] □ Tap L Fwd, Tap R Fwd, L Side Mambo, Hold

1,2 Tap LF fwd, Close LF beside RF
3,4 Tap RF fwd, Close RF beside LF
5,6,7,8 Rock LF to L side, Recover weight to RF, Close LF to RF, Hold

[17-24] □ Step Close, Step Touch Travelling to R & L diagonals

1,2 Step RF to R diagonal, Close LF to RF
3,4 Step RF to R diagonal, Touch LF beside RF
5,6 Step LF to L diagonal, Close RF to LF
7,8 Step LF to L diagonal, Touch RF beside LF

***Optional arms on this section - punch both arms towards diagonal**

[25-32] □ 4 x Step Touches Travelling Back

1,2 Step RF back, Touch LF beside RF, clicking hands to R side
3,4 Step LF back, Touch RF beside LF, clicking hands to L side
5,6 Step RF back, Touch LF beside RF, clicking hands to R side
7,8 Step LF back, Touch RF beside LF, clicking hands to L side

[33-40] □ Salsa Rocks

1,2 Rock RF back (angling body slightly to R), Recover to LF
3,4 Step RF to R side (squaring up to 12.00), Hold
5,6 Rock LF back (angling body slightly to L), Recover to RF
7,8 Step LF to L side (squaring up to 12.00), Hold

***Optional arms on this section – arms to 'Hold' position**

[41-48] □ Salsa Rock with ¼ Turn, L Mambo Step Back

1,2 Rock RF back (angling body slightly to R), Recover to LF
3,4 Make ¼ Turn to L, stepping back on RF (face 9.00), Hold
5,6 Rock LF back, Recover weight to RF
7,8 Step LF fwd, Hold

[49-56] □ Toe, Heel, Cross, Hold x 2

1,2 Touch R toe to L instep, Touch R heel to R diagonal
3,4 Cross RF over LF, Hold
5,6 Touch L toe to R instep, Touch L heel to L diagonal
7,8 Cross LF over RF, Hold

[57-64] □ Toe, Heel, Cross & Cross, Hold, ¼ Turn, Hold

1,2 Touch R toe to L instep, Touch R heel to R diagonal
3,4 Cross RF over LF, Step LF to L side

5,6 Cross RF over LF, Hold
7,8 Make ¼ Turn Stepping LF fwd (face 6.00), Hold

Begin again

Contact: nicola.h.lafferty@gmail.com
