

# Loaded Up & Trucking

拍數: 32      牆數: 4      級數: Improver  
編舞者: Graham Mitchell (SCO) - May 2017  
音樂: East-Bound and Down - Jason McGilligan : (Album: Looking Out My Backdoor)



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## Section 1 (1-8) SYNCOPATED CROSS ROCKS, UNWIND ½ TURN, COASTER STEP

1-2      Cross Right over Left, Recover left  
&3-4      Place Right beside Left, cross Left over Right, recover Right  
&5-6      Place left beside right, Cross Right over Left unwind ½ turn left  
7&8      Step back Left, close Right beside Left, step forward Left

## Section 2 (1-8) TRAVELLING SAMBAS, ½ TURN KICK, COASTER STEP

1&2      Cross Right over Left, rock Left to left side, recover Right  
3&4      Cross Left over Right, rock Right to right side, recover Left  
5-6      Step forward Right, pivot ½ turn Left, kick Left foot  
7&8      Step back Left, close Right beside Left, step forward Left

## Section 3 (1-8) CROSS & HEEL, CROSS &HEEL, CROSS ¼ SIDE SHUFFLE

1&2      Cross Right over left, step back left, dig Right heel forward  
&3&4      Place right beside Left, cross Left over Right, step back right, dig left heel forward  
&5-6      Place Left beside Right, cross Right over left, step back left, making ¼ Right  
7&8      Step Right to right side, close left beside Right, step right to right side

## Section 4 (1-8) LEFT & RIGHT SAILOR STEPS, TOE ½ TURN, KICKBALL STEP

1&2      Rock left behind Right, step right to right side, step Left to left side  
3&4      Rock Right behind Left, step Left to left side, step right to right side  
5-6      Touch Left toe back, make ½ turn Left  
7&8      Kick Right foot forward, place right beside Left, step forward Left

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