

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)



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
