

# Put The Load On Me

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Ken Fowkes (USA) - October 2020  
音樂: The Weight - The Band



**Intro: Weight on L, start after 12 counts, 10 sec into track**

## [1 - 8] "Walk, Walk, Cross-Rock, Side-Rock, Behind-Quarter-Forward, Mambo-step"

1,2            Step R forward (1), Step L forward (2) 12:00  
3&4&        Cross-rock R over L (3), Recover to L (&), Rock to side on R (4), Recover onto L (&), 12:00  
5&6        Cross R behind L (5), Turn ¼ left stepping L forward (&), Step R forward (6) 9:00  
7&8        Rock forward on L (7), Recover to R (&), Step L backward (8) 9:00

## [9 - 16] "Back, Back, Coaster-Cross-Hitch, Cross-Side-Behind, Side-Touch-Side"

1,2            Step R backward (1), Step L backward (2), 9:00  
3&4&        Step R backward (3), Step L next to R (&), Cross R over L turning left(4), Hitch L turning right (&) 9:00  
5&6        Cross L over R (5), Step R to side (&), Cross L behind R (6) 9:00  
7&8        Step R to side (7), Touch L next to R (&), step L to side (8) 9:00

## [17- 24] "Behind-Quarter-Forward-Rock, Back-Rock-Forward, Mambo-Quarter, Cross-Recover-Side"

1&2&        Cross R behind L (1), Turn ¼ left and step L forward (&), Rock forward on R (2), Recover to L (&) 6:00  
3&4        Rock backward on R (3), Recover to L (&), (start Tag here on even walls) Step R forward (4) 6:00  
5&6        Rock forward on L (5), Recover to R (&), Turn ¼ left stepping L to side (6) 3:00  
7&8        Cross-rock R over L (7), Recover to L (&), Step R to Side (8) 3:00

## [25 - 32] "Cross-Rock, Side-Rock, Sailor-Hitch (½ L), Cross, Back, Side-Touch-Forward-Hitch (¼ L)"

1&2&        Cross-rock L over R (1), Recover to R (&), Rock to side on L (2), Recover to R (&) 3:00  
3&        Cross L behind R (3), Turn ¼ left stepping R next to L (&), 12:00  
4,5,6        Turn ¼ left stepping L across R & hitching R (4), Cross R over L (5), Step L backward (6) 9:00  
7&8&        Step R to the side (7), Touch L next to R (&), Step L slightly forward (8), Hitch R turning ¼ left (&) 6:00

**Tag: On all even walls, after count 19& (3 ½ counts into section 3), facing 12:00, dance the 8-count tag and then restart the dance.**

**The first step of the tag is the same as the step on count 20 (count 4 of section 3).**

**On walls 8 and 10 (last wall), after our protagonist acquires Chester's dog, dance the tag twice, once for you and once for the dog.**

## [1 - 8] "Forward, Cross, Back, Side, Cross-Recover-Side-Scuff, Hold-Cross-Back-Side"

1,2,3,4        Step R forward (1), Cross L over R (2), Step R backward (3), Step L to side (4) 12:00  
5&6&        Rock R over L (5), Recover to L (&), Step R to side (6), Kick L across R scuffing L heel (&) 12:00  
7&8&        Hold (7), Cross L over R (&), Step R backward (8), Step L to side (&) 12:00

**Ending: The beat ends on count 6& of the second tag after wall 10. Hold and then step L forward across R to end the dance on count 8.**

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