

Loaded (Rock The Bop)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: John Robinson (USA)
音樂: Loaded - Ricky Martin



Count the beats as quicks: 1,2,3,4. Begin with the vocals.

ANGLED STEP-TOUCHES FORWARD AND BACK WITH CLAPS

- 1-2 Right step forward diagonally right, left touch next to right/clap hands down towards right hip
- 3-4 Left step back diagonally left, right touch next to left/clap hands toward left side
- 5-6 Right step back diagonally right, left touch next to right/clap hands up towards right shoulder
- 7-8 Left step forward diagonally left, right touch next to left/clap hands toward left side

STEP-BRUSHES MAKING ¾ TURN LEFT

- 1-2 Right step into ¼ turn left, left brush ball of foot next to right
- 3-4 Left step into ¼ turn left, right brush ball of foot next to left
- 5-6 Right step into ¼ turn left, left brush ball of foot next to right
- 7-8 Left step in place or slightly side left, right brush ball of foot next to left

RIGHT SIDE STEP, LEFT TOUCH, HEEL, TOUCH, VINE LEFT, TOUCH

- 1-2 Right step side right, left touch next to right
- 3-4 Left heel tap forward, left touch next to right
- 5-6 Left step side left, right step behind left
- 7-8 Left step side left, right touch next to left foot

RIGHT HEEL, TOUCH, HEEL, TOUCH, VINE RIGHT, TOUCH

- 1-2 Right heel tap forward, right touch next to left
- 3-4 Right heel tap forward, right touch next to left
- 5-6 Right step side right, left step behind right
- 7-8 Right step side right, left touch next to right

SLOW ROCKS: LEFT FORWARD WITH SHOULDER SHIMMY, RECOVER, LEFT BACK, RECOVER

- 1-2 Left rock forward, leaning forward slightly and shimmying shoulders, hold position, continuing shimmy
- 3-4 Straighten up, recovering weight to right foot, hold position
- 5-6 Left rock back ball of foot, hold position
- 7-8 Recover weight to right foot, hold position

SLOW ROCKS: LEFT FORWARD WITH SHOULDER SHIMMY, RECOVER, LEFT BACK, RECOVER

- 1-2 Left rock forward, leaning forward slightly and shimmying shoulders, hold position, continuing shimmy
- 3-4 Straighten up, recovering weight to right foot, hold position
- 5-6 Left rock back ball of foot, hold position
- 7-8 Recover weight to right foot, hold position

STEP-SLIDES WITH HIP ACTION TRAVELING LEFT

- 1-2 Left step side left moving hips right, right slide next to left, moving hips left
- 3-4 Left step side left moving hips right, right slide next to left, moving hips left
- 5-6 Left step side left moving hips right, right slide next to left, moving hips left
- 7-8 Left step side left moving hips right, right slide/touch next to left, moving hips left

STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

1-2 Right step side right moving hips left, left slide next to right, moving hips right
3-4 Right step side right moving hips left, left slide next to right, moving hips right
5-6 Right step side right moving hips left, left slide next to right, moving hips right
7-8 Right step side right moving hips left, left slide next to right, moving hips right

REPEAT

TAG

To make the dance finish with the end of the song, there is a restart. On the 9th repetition after doing the first 48 counts, you will hear drums and then Ricky saying "down...". At this point drop the step slides, shift weight to your left foot and start over again from the beginning. Continue doing the entire dance to the end of the song. After two more repetitions, finish by turning $\frac{1}{4}$ right to face the front wall with a big flourish.
