

# Loaded

拍數: 52      牆數: 4      級數: Intermediate  
編舞者: Brenda Nuttall (UK)  
音樂: Get the Truck Loaded - Rednex



## STOMP KICK SAILOR STEPS (TWICE)

1-2              Stomp right foot next to left and kick forward at 45 o angle  
3&4              Step right behind left, step weight left, step right to side  
5-6              Stomp left foot next to right and kick forward at 45 o angle  
7&8              Step left behind right, step weight right, step left to side

## SIDE SHUFFLE FULL TURN (TWICE)

9&10             Step right foot to side, bring left next to it and step right to side  
11-12            Cross left over right and unwind a full turn right  
13&14            Step right foot to side, bring left next to it and step right to side  
15-16            Cross left over right and unwind a full turn right

## SIDE SHUFFLE WITH ¼ TURN RIGHT, TWIST TURN

17&18            Step right foot to side, bring left next to right, step right ¼ turn right  
19-20            Twist heels ¼ right and then ½ left

## LOCK STEP BACK (RIGHT & LEFT)

21&22            Step back right, lock left in front of right, step back right  
23&24            Step back left, lock right in front of left, step back left

## ROCK AND CROSS (X3), ¼ TURN RONDE

25&26            Rock weight out to right and cross right in front of left  
27&28            Rock weight out to left and cross left in front of right  
29&30            Rock weight out to right and cross right in front of left  
31-32            Sweep right leg and ¼ turn left touch right next to left, (keep weight on left)

## RIGHT SHUFFLE FORWARD, STOMP KICK, LEFT LOCKS BACK

33&34            Shuffle forward right, left, right  
35-36            Stomp left next to right and kick forward  
37&38            Step back on left, lock right in front of left  
&39&40&        Step back on left, lock right in front of left, step back on left, lock right in front of left, touch right next to left

## ROLLING VINE RIGHT, TOUCH, SYNCOPATED WEAVE LEFT

41-44            Full-turn right stepping on right, left, right, touch left next to right  
&45&46&47&48 Step left to side, cross right in front, step left to side, step right behind, step left to side

## 1 ¼ WALKING TURN RIGHT

49-52            Step right ¼ turn right, step left ¼ turn right, step right ½ turn right, step left ¼ turn right

## REPEAT

## RESTART

On wall 3 leave out steps 49-52