

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