

Loaded

拍數: 64 牆數: 4 級數: Improver
編舞者: Michael Storey
音樂: This Gun Ain't Loaded - Dean Miller



SIDE ROCK, CROSS SHUFFLE, ½ TURN, LEFT SHUFFLE

1-2 Side rock onto right, recover back onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Make ¼ turn right stepping onto left, make ¼ turn right stepping onto right
7&8 Step forward left, close right to left, step forward left
9-16 Repeat 1-8

ROCK STEP, COASTER STEP, PIVOT ½ TURN, LEFT SHUFFLE

1-2 Rock forward onto right, recover back onto left
3&4 Step back right, step together left, step forward right
5-6 Step forward left, pivot ½ turn right
7&8 Step forward left, close right to left, step forward left

FULL TURN LEFT, ROCKS FORWARD AND BACK, RIGHT SHUFFLE

1-2 Make ½ turn left stepping back right, make ½ turn left stepping forward left
3-4 Rock forward onto right, recover back onto left
5-6 Rock back onto right, recover forward onto left
7&8 Step forward right, close left to right, step forward right

PIVOT ½ TURN, ROCKS FORWARD AND BACK, LEFT SHUFFLE

1-2 Step forward left, make ½ turn right
3-4 Rock forward onto left, recover back onto right
5-6 Rock back onto left, recover forward onto right
7-8 Step forward left, close right to left, step forward left

KICK TWICE, SAILOR STEP, ¼ TURN, CROSS SHUFFLE

1-2 Kick right foot forward twice
3&4 Cross right behind left, step left to left side, step right in place
5-6 Step forward left, pivot ¼ turn right
7&8 Cross left over right, step right to right side, cross left over right

KICK TWICE, SAILOR TURN, ¼ TURN, CROSS SHUFFLE

1-2 Kick right foot forward twice
3&4 Cross right behind left, step left ¼ right, step right in place
5-6 Step forward left, pivot ¼ turn right
7&8 Cross left over right, step right to right side, cross left over right

SIDE, TOGETHER, RIGHT CHASSE, EXTENDED CROSS SHUFFLE

1-2 Step right to right side, close left to right
3&4 Step right to right side, close left to right, step right to right side
5& Cross left over right, step right to right side
6& Cross left over right, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

REPEAT

