

# Loaded

拍數: 70      牆數: 4      級數: Intermediate  
編舞者: Kathy Daley  
音樂: Loaded - Ricky Martin



## HEEL DIG, TOE TAP, SHUFFLE FORWARD

1-2-3      Heel right forward, tap right toe next to left foot, heel right forward  
4&5      Shuffle forward on right

## HEEL DIG, TOE TAP, SHUFFLE FORWARD

6-7-8      Heel left forward, tap left toe next to right foot, heel left forward  
9&10      Shuffle forward on left

## SIDE ROCK AND TOGETHER - REPEAT 3 TIMES

11&12      Rock right to right side, recover weight on left - step right next to left  
13&14      Rock left to left side, recover weight on right - step left next to right  
15&16      Rock right to right side, recover weight on left - step right next to left  
17&18      Rock left to left side, recover weight on right - step left next to right

## KICK FORWARD & SIDE, RIGHT & LEFT SAILOR

19&20      Kick right foot forward twice, kick once to right side  
21&22      Step right foot behind left, step left to left side, step right foot forward  
23&24      Kick left foot forward twice, kick once to left side - left sailor  
25&26      Step left foot behind right, step right to right side, step left foot forward

## RIGHT SIDE TOGETHER SIDE, BUMP HIPS, REPEAT ON LEFT

27&28      Step right to right side, step left next to right, step right to right side  
29&30      Bump hips 3 times - right, left, right  
31&32      Step left to left side, step right next to left, step left to left side  
33&34      Bump hips 3 times - left, right, left

## STEP FORWARD AND BUMP HIPS - REPEAT 3 TIMES

35&36      Step diagonally forward on right - bump hips forward & back  
37&38      Step diagonally forward on left - bump hips forward & back  
39&40      Step diagonally forward on right - bump hips forward & back  
41&42      Step diagonally forward on left - bump hips forward & back

## WALK BACK & CLAPS

43-44-45-46      Walk back right & clap - walk back left & clap  
47-48-49-50      Walk back quickly right, left, right & clap

## COASTER, TOE POINTS AND TOE LIFTS

51&52      Step left foot back, step right foot next to left, step left foot forward  
53&54&      Point right toe forward, lift foot - point right toe forward, lift foot

## SHUFFLE FORWARD, BACK ½ & ¼ TURNS

55&56-57-58      Shuffle right forward, step left forward ½ turn right  
59&60-61-62      Shuffle left forward, step right forward ¼ turn left

## MAMBO ROCKS

63&64      Rock forward on right, recover weight on left, step right next to left  
65&66      Rock back on left, recover weight on right, step left next to right

67&68

Rock right to right side, recover weight on left, step right next to left

69&70

Rock left to left side, recover weight on right, step left next to right

**REPEAT**

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