

# Loaded And Down

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: David J. McDonagh (WLS)  
音樂: Loaded - Ricky Martin



## KICKS AND SAILOR STEPS WITH HEEL TOUCHES

- 1&2      Kick right to right diagonal, cross-step right behind left, rock left to left side
- &3&      Rock weight back onto right, cross-step left behind right, step right to right side
- 4&      Touch left heel to left diagonal, step left beside right
- 5&      Kick right to right diagonal, step right in place
- 6&      Kick left to left diagonal, cross-step left behind right
- 7&      Rock right to right side, rock weight back onto left
- 8      Touch right heel to right diagonal

**On each above kick, click fingers at shoulder level for styling**

## HEEL GRIND, BACK ROCK, STOMP AND CLAPS, HIP ROLLS (½-LEFT)

- 1      Step forward on right heel with right toes pointing left
- &      Rock weight back onto left while swiveling right toes right
- 2&      Rock back on right, rock weight forward onto left
- 3&4      Stomp right forward, hold and clap hands twice
- 5&      Roll hips to the left while turning an 1/8th left
- 6&      Roll hips to the left while turning an 1/8th left
- 7&      Roll hips to the left while turning an 1/8th left
- 8      Roll hips to the left while turning an 1/8th left touching right beside left

**For above counts 5-8, you would have completed ½ a turn left on the spot, facing back wall**

## SIDE TOGETHER, SIDE TOUCHES

- 1-2      Step right to right side, step left beside right
- 3-4      Step right to right side, touch left beside right
- 5-6      Step left to left side, step right beside left
- 7-8      Step left to left side, touch right beside left

**During the above 8 counts, swing your hips for styling**

## WALKS FORWARD WITH KICK, WALKS BACK WITH KICK

- 1-4      Walk forward, right, left, right, kick left forward
- 5-8      Walk back left, right, left, kick right forward

## SIDE ROCK, CROSS HOLDS

- 1-2      Rock right to right side, rock weight back onto left
- 3-4      Cross-step right over left, hold and click fingers at shoulder level
- 5-6      Rock left to left side, rock weight back onto right
- 7-8      Cross-step left over right, hold and click fingers at shoulder level

## STEP PIVOT (½-LEFT), STEP HOLD, SHIMMY (¼-LEFT)

- 1-2      Step right forward, pivot ½ a turn over left shoulder
- 3-4      Step right forward, hold
- 5-7      Step left to left side while shimmying shoulders for 3 counts
- 8      On ball of left, turn ¼ turn left touching right toe beside left

**REPEAT**