

# Loaded Man

拍數: 32      牆數: 4      級數:  
編舞者: Marg Jones (CAN)  
音樂: Loaded - Ricky Martin



Step sheet is written as half-time, as many of the & steps are holds. Put lots of Latin movement & attitude into this dance!

## WALK FORWARD RIGHT, LEFT, COASTER BACK

1&2&      Walk forward right, hold, walk forward left, hold  
3&4&      Step back on right, step back on left, step forward on right, hold

## WALK FORWARD LEFT, RIGHT, COASTER BACK

5&6&      Walk forward left, hold, walk forward right, hold  
7&8&      Step back on left, step back on right, step forward on left, hold

## TOE STRUTS RIGHT, LEFT, MAMBO CROSS &

9&      Step right toe forward on right diagonal, lower heel  
10&      Step left toe forward on right diagonal, lower heel  
11&      Rock right to right, recover weight onto left  
12&      Step right across left, step left beside right (uncrossed)

## PADDLE TURN LEFT full turn

13&      Use right to paddle ¼ turn left, step on left  
14&      Repeat  
15&      Repeat  
16&      Repeat

At same time as you step on left at 16&, swing right around to front in preparation for next step

## CROSS ROCK, RECOVER, STEP, SWING

17&      Rock right across front of left, recover on left  
18&      Step right in place, swing left around to front ready for next step

## CROSS ROCK, RECOVER, STEP, HOLD

19&      Rock left across front of right, recover on right  
20&      Step left in place, hold

## MAMBO CROSSES

21&      Rock right to right, recover weight onto left  
22&      Step right across left, hold  
23&      Rock left to left, recover weight onto right  
24&      Step left across right, swing right around to front ready for next step

Use lots of hip movement in the last part of the dance

## TRAVELING CROSS STEPS TO LEFT, ENDING WITH ¼ TURN RIGHT

25&      Step right across front of left, step left to left  
26&      Step right across front of left, step left to left  
27&      Step right across front of left, step left to left  
28&      Step right across front of left, swing left around across front of right ready for next step, and turn ¼ right at same time

## TRAVELING CROSS STEPS TO RIGHT

29&      Step left across front of right, step right to right

30& Step left across front of right, step right to right  
31& Step left across front of right, step right to right  
32& Step left across front of right, swing right around to front ready to begin dance again

**REPEAT**

**BIG ENDING**

You'll be facing the back wall and have just done step 24&. Stomp down on right across front of left as Ricky sings "don t stop!" put hands apart up high in the air.

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