

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.
