

# Load Me Up

COPPER KNOB  
STEPSHETS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Sandi Leroux (CAN) - October 2005  
音樂: Load Me Up - The Cruzeros : (Album: Scandalosa)



1&2 Step  
forward right,  
step left beside  
right, step right  
forward  
3&4 Pivot ½  
turn right step  
left back, step  
right beside left,  
step left back  
5&6 Pivot ½  
turn right step  
right forward,  
step left beside  
right, step right  
forward  
7, 8 Step left  
forward right,  
touch right  
beside left

## **Gallop Right, Pivot ½ Right, Rock/Recover**

1&2 Step right  
to right, step left  
to right, step  
right to right  
&3&4 Step left  
to right, step  
right to left, step  
left to right, step  
right ¼ turn  
right  
5, 6 Step  
forward left  
pivot ½ turn  
right, step  
forward right  
7, 8 Rock  
forward left,  
step back right

## **Turning Triples Back**

1&2 Pivot ½  
step left step left  
forward, step  
right beside left,  
step left  
forward

3&4 Pivot ½  
turn left step  
right back, step  
left beside right,  
step right back  
5&6 Pivot ½  
turn left step  
forward left,  
step right  
beside left, step  
left forward  
7, 8 Step right  
beside left, step  
left beside right

**Heel Lifts, Step  
Back, Right  
Dwights, Slide**

1&2& Touch  
right heel front,  
lift right heel  
across left shin,  
touch right heel  
front,  
lift right heel to  
right side (flick)  
3, 4 Step back  
right, step back  
left  
5&6& Right toe  
to right side,  
right heel to  
right side, right  
toe to right side,  
step down on  
right  
7, 8 Slide left to  
right, step down  
on left

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