## Loaded And Down

Count: 48
Wall: 4
Level: Intermediate

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Choreographer: David J. McDonagh (WLS)
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Music: 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
$8 \quad$ Roll hips to the left while turning an 1/8th left touching right beside left
For above counts $5-8$, you would have completed $1 / 2$ 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 ( $1 ⁄ 2$-LEFT), STEP HOLD, SHIMMY (1⁄4-LEFT)
1-2 Step right forward, pivot $1 / 2$ 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 $1 / 4$ turn left touching right toe beside left
REPEAT

