

# Loaded

拍数: 64      墙数: 2      级数: Improver - Salsa  
编舞者: Nicola Lafferty (UK) - November 2014  
音乐: Loaded (George Noriega Radio Edit 2) - Ricky Martin : (Album: The Greatest Hits)



**Intro: 16 Counts from when main beat starts (approx 19 secs)**

**[1-8] □ Tap R Fwd, Tap L Fwd, R Side Mambo, Hold**

1,2      Tap RF fwd, Close RF beside LF  
3,4      Tap LF fwd, Close LF beside RF  
5,6,7,8      Rock RF to R side, Recover weight to LF, Close RF to LF, Hold

**[9-16] □ Tap L Fwd, Tap R Fwd, L Side Mambo, Hold**

1,2      Tap LF fwd, Close LF beside RF  
3,4      Tap RF fwd, Close RF beside LF  
5,6,7,8      Rock LF to L side, Recover weight to RF, Close LF to RF, Hold

**[17-24] □ Step Close, Step Touch Travelling to R & L diagonals**

1,2      Step RF to R diagonal, Close LF to RF  
3,4      Step RF to R diagonal, Touch LF beside RF  
5,6      Step LF to L diagonal, Close RF to LF  
7,8      Step LF to L diagonal, Touch RF beside LF

**\*Optional arms on this section - punch both arms towards diagonal**

**[25-32] □ 4 x Step Touches Travelling Back**

1,2      Step RF back, Touch LF beside RF, clicking hands to R side  
3,4      Step LF back, Touch RF beside LF, clicking hands to L side  
5,6      Step RF back, Touch LF beside RF, clicking hands to R side  
7,8      Step LF back, Touch RF beside LF, clicking hands to L side

**[33-40] □ Salsa Rocks**

1,2      Rock RF back (angling body slightly to R), Recover to LF  
3,4      Step RF to R side (squaring up to 12.00), Hold  
5,6      Rock LF back (angling body slightly to L), Recover to RF  
7,8      Step LF to L side (squaring up to 12.00), Hold

**\*Optional arms on this section – arms to 'Hold' position**

**[41-48] □ Salsa Rock with ¼ Turn, L Mambo Step Back**

1,2      Rock RF back (angling body slightly to R), Recover to LF  
3,4      Make ¼ Turn to L, stepping back on RF (face 9.00), Hold  
5,6      Rock LF back, Recover weight to RF  
7,8      Step LF fwd, Hold

**[49-56] □ Toe, Heel, Cross, Hold x 2**

1,2      Touch R toe to L instep, Touch R heel to R diagonal  
3,4      Cross RF over LF, Hold  
5,6      Touch L toe to R instep, Touch L heel to L diagonal  
7,8      Cross LF over RF, Hold

**[57-64] □ Toe, Heel, Cross & Cross, Hold, ¼ Turn, Hold**

1,2      Touch R toe to L instep, Touch R heel to R diagonal  
3,4      Cross RF over LF, Step LF to L side

5,6            Cross RF over LF, Hold  
7,8            Make ¼ Turn Stepping LF fwd (face 6.00), Hold

**Begin again**

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