

Loaded

拍數: 64 牆數: 4 級數:
編舞者: Warren Mitchell (AUS)
音樂: Loaded - Ricky Martin



-
- | | |
|-----|---|
| 1-4 | Rock left forward, step right on spot, step left together, hold |
| 5-8 | Touch right toe back, hitch right leg slightly making $\frac{1}{2}$ turn right, touch right toe forward hold |
| | |
| 1-4 | Rock right to right, step left on spot, step right behind left, hold |
| 5-8 | Rock left to left, step right on spot, step left behind right, hold |
| | |
| 1-4 | Rock right to right, step left on spot, step right behind left, step left to left making $\frac{1}{4}$ turn left |
| 5-8 | Step right forward making $\frac{1}{2}$ pivot to left, step right forward, hold |
| | |
| 1-4 | Walk forward - left-right-left, hold |
| 5-8 | Step right forward making $\frac{1}{2}$ pivot to left, step right forward, hold |
| | |
| 1-4 | Rock left to left, step right on spot, cross left over right, hold |
| 5-8 | Rock right to right, step left on spot, cross right over left, hold |
| | |
| 1-4 | Rock left to left, step right on spot, cross left over right, hold |
| 5-8 | Touch right to right, step right together, touch left to left, step left together |
| | |
| 1-4 | Touch right to right, bring right together turning $\frac{1}{2}$ to right, touch left to left, step left across right |
| 5-8 | Touch right to right, step right across left, touch left to left, step left across right |
| | |
| 1-4 | Touch right to right, clap, clap, hold |
| 5-8 | Touch right behind left, unwind full turn to right for 3 beats |

REPEAT
