

Loaded And Down

拍數: 48 牆數: 4 級數: Intermediate
編舞者: David J. McDonagh (WLS)
音樂: 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 Roll hips to the left while turning an 1/8th left touching right beside left

For above counts 5-8, you would have completed ½ 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 (½-LEFT), STEP HOLD, SHIMMY (¼-LEFT)

- 1-2 Step right forward, pivot ½ 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 ¼ turn left touching right toe beside left

REPEAT