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Count: 70

Wall: 4

Level: intermediate

Choreographer: Kathy Daley

Music: Loaded by Ricky Martin

HEEL DIG, TOE TAP, SHUFFLE FORWARD

1-2-3 Heel right forward, tap right toe next to left foot, heel right forward

4&5 Shuffle forward on right

HEEL DIG, TOE TAP, SHUFFLE FORWARD

6-7-8 Heel left forward, tap left toe next to right foot, heel left forward

9&10 Shuffle forward on left

SIDE ROCK AND TOGETHER - REPEAT 3 TIMES

11&12 Rock right to right side, recover weight on left - step right next to left

13&14 Rock left to left side, recover weight on right - step left next to right

15&16 Rock right to right side, recover weight on left - step right next to left

17&18 Rock left to left side, recover weight on right - step left next to right

KICK FORWARD & SIDE, RIGHT & LEFT SAILOR

19&20 Kick right foot forward twice, kick once to right side

21&22 Step right foot behind left, step left to left side, step right foot forward

23&24 Kick left foot forward twice, kick once to left side - left sailor

25&26 Step left foot behind right, step right to right side, step left foot forward

RIGHT SIDE TOGETHER SIDE, BUMP HIPS, REPEAT ON LEFT

27&28 Step right to right side, step left next to right, step right to right side

29&30 Bump hips 3 times - right, left, right

31&32 Step left to left side, step right next to left, step left to left side

33&34 Bump hips 3 times - left, right, left

STEP FORWARD AND BUMP HIPS - REPEAT 3 TIMES

35&36 Step diagonally forward on right - bump hips forward & back

- 37&38** Step diagonally forward on left - bump hips forward & back
- 39&40** Step diagonally forward on right - bump hips forward & back
- 41&42** Step diagonally forward on left - bump hips forward & back

WALK BACK & CLAPS

- 43-44-45-46** Walk back right & clap - walk back left & clap
- 47-48-49-50** Walk back quickly right, left, right & clap

COASTER, TOE POINTS AND TOE LIFTS

- 51&52** Step left foot back, step right foot next to left, step left foot forward
- 53&54&** Point right toe forward, lift foot - point right toe forward, lift foot

SHUFFLE FORWARD, BACK ½ & ¼ TURNS

- 55&56-57-58** Shuffle right forward, step left forward ½ turn right
- 59&60-61-62** Shuffle left forward, step right forward ¼ turn left

MAMBO ROCKS

- 63&64** Rock forward on right, recover weight on left, step right next to left
- 65&66** Rock back on left, recover weight on right, step left next to right
- 67&68** Rock right to right side, recover weight on left, step right next to left
- 69&70** Rock left to left side, recover weight on right, step left next to right

REPEAT