

# LOADED AND DOWN

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** David J. McDonagh

**Music:** Loaded by 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 ( $\frac{1}{2}$ -LEFT), STEP HOLD, SHIMMY ( $\frac{1}{4}$ -LEFT)**

1-2 Step right forward, pivot  $\frac{1}{2}$  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  $\frac{1}{4}$  turn left touching right toe beside left

### **REPEAT**