

Loaded Up & Trucking

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Graham Mitchell - May 2017

Music: East-Bound and Down by Jason McGilligan. Album: Looking Out My Backdoor

Dance starts: when the beat begins, you count until 16.....

S1: TOE STRUT, CROSS TOE STRUT, SIDE ROCK & CROSS, HOLD

1,2,3,4RF touch toe side, RF clap heel down, LF cross toe over RF, LF clap heel down

5,6,7,8RF rock right to side, LF weight on LF, RF cross over LF, hold

S2: TOE STRUT, CROSS TOE STRUT, SIDE ROCK & CROSS, HOLD

1,2,3,4LF touch toe side, LF clap heel down, RF cross toe over LF, RF clap heel down

5,6,7,8LF rock right to side, RF weight on RF, LF cross over RF, hold

S3: VINE RIGHT WITH $\frac{1}{4}$ TURN, HOLD, $\frac{1}{2}$ TURN PIVOT, HOLD

1,2,3,4RF step to the right side, LF cross behind RF, $\frac{1}{4}$ turn right & RF step forward, hold

5,6,7,8LF step forward, $\frac{1}{2}$ turn right, LF step forward, hold

S4: MAMBO FORWARD, MAMBO BACK

1,2,3,4RF rock forward, back on LF, RF step back, hold

5,6,7,8LF rock back, weight on RF, LF step forward, hold

S5: SIDE SNAP, SIDE, SNAP, SIDE, CLOSE, SIDE, HOLD

1,2,3,4RF step side, snap fingers, LF step side, snap fingers,

5,6,7,8RF step side, LF close to RF, RF step side, hold

S6: SIDE SNAP, SIDE, SNAP, SIDE, CLOSE, SIDE, HOLD

1,2,3,4LF step side, snap fingers, RF step side, snap fingers,

5,6,7,8LF step side, RF close to LF, LF step side, hold

S7: CROSS, BACK, BACK, HOLD, CROSS, BACK, BACK, HOLD

1,2,3,4RF cross over LF, LF step diagonal back, RF step diagonal back

5,6,7,8LF cross over RF, RF step diagonal back, LF step diagonal back

S8: RF ROCK BACK, ½ TURN LEFT, STEP BACK, HOLD, LF ROCK BACK, ¼ TURN RIGHT, STEP SIDE, HOLD

1,2,3,4RF rock back, LF weight back on LF, ½ turn left & RF step back, hold

5,6,7,8LF rock back, RF weight back on RF, ¼ turn right & LF step side, hold

Have fun!

www.ivonneenco.eu

<http://www.youtube.com/user/ivonneverhagen>

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