

# LOADED MAN

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**Count:** 32      **Wall:** 4      **Level:** —

**Choreographer:** Marg Jones

**Music:** Loaded by Ricky Martin

**Step sheet is written as half-time, as many of the & steps are holds. Put lots of Latin movement & attitude into this dance!**

## WALK FORWARD RIGHT, LEFT, COASTER BACK

**1&2&**      Walk forward right, hold, walk forward left, hold

**3&4&**      Step back on right, step back on left, step forward on right, hold

## WALK FORWARD LEFT, RIGHT, COASTER BACK

**5&6&**      Walk forward left, hold, walk forward right, hold

**7&8&**      Step back on left, step back on right, step forward on left, hold

## TOE STRUTS RIGHT, LEFT, MAMBO CROSS &

**9&**      Step right toe forward on right diagonal, lower heel

**10&**      Step left toe forward on right diagonal, lower heel

**11&**      Rock right to right, recover weight onto left

**12&**      Step right across left, step left beside right (uncrossed)

## PADDLE TURN LEFT full turn

**13&**      Use right to paddle  $\frac{1}{4}$  turn left, step on left

**14&**      Repeat

**15&**      Repeat

**16&**      Repeat

**At same time as you step on left at 16&, swing right around to front in preparation for next step**

## CROSS ROCK, RECOVER, STEP, SWING

**17&**      Rock right across front of left, recover on left

**18&**      Step right in place, swing left around to front ready for next step

## **CROSS ROCK, RECOVER, STEP, HOLD**

**19&** Rock left across front of right, recover on right

**20&** Step left in place, hold

## **MAMBO CROSSES**

**21&** Rock right to right, recover weight onto left

**22&** Step right across left, hold

**23&** Rock left to left, recover weight onto right

**24&** Step left across right, swing right around to front ready for next step

**Use lots of hip movement in the last part of the dance**

## **TRAVELING CROSS STEPS TO LEFT, ENDING WITH ¼ TURN RIGHT**

**25&** Step right across front of left, step left to left

**26&** Step right across front of left, step left to left

**27&** Step right across front of left, step left to left

**28&** Step right across front of left, swing left around across front of right ready for next step, and turn ¼ right at same time

## **TRAVELING CROSS STEPS TO RIGHT**

**29&** Step left across front of right, step right to right

**30&** Step left across front of right, step right to right

**31&** Step left across front of right, step right to right

**32&** Step left across front of right, swing right around to front ready to begin dance again

## **REPEAT**

## **BIG ENDING**

**You'll be facing the back wall and have just done step 24&. Stomp down on right across front of left as Ricky sings "don t stop!" put hands apart up high in the air.**