

Loaded

4 Wall Line Dance. 70 Counts. Intermediate Level
Choreographed by: Katharine Daley June 2001
Choreographed to: Loaded by Ricky Martin, Sound
Loaded CD

1,2, 3 4 + 5	Heel dig, toe tap, shuffle forward Heel right forward, tap right toe next to left foot, Heel right forward Shuffle forward on right
6, 7, 8 9 + 10	Heel dig, toe tap, shuffle forward Heel left forward, tap left toe next to right foot, Heel left forward, Shuffle forward on left
11+12 13+14 15+16 17+18	Side rock and together – repeat 3 times Rock right to right side, recover weight on left - Step right next to left Rock left to left side, recover weight on right - Step left next to right Rock right to right side, recover weight on left - Step right next to left Rock left to left side, recover weight on right - Step left next to right
19+20 21+22 23+24 25+26	Kick forward + side, R + L sailor Kick right foot forward twice, kick once to right side Step right foot behind left, step left to left side, step right foot forward Kick left foot forward twice, kick once to left side – left sailor Step left foot behind right, step right to right side, step left foot forward
27+28 29+30 31+32 33+34	R side together side, bump hips, repeat on left Step right to right side, step left next to right, step right to right side Bump hips 3 times - R, L, R Step left to left side, step right next to left, step left to left side Bump hips 3 times – L, R, L
35+36 37+38 39+40 41+42	Step forward and bump hips – repeat 3 times Step diagonally forward on right - bump hips forward + back Step diagonally forward on left – bump hips forward + back Step diagonally forward on right - bump hips forward + back Step diagonally forward on left – bump hips forward + back
43,44,45,46 47,48,49,50	Walk back + claps Walk back right + clap - Walk back left + clap Walk back quickly R, L, R + clap
51+52 53+54+	Coaster, toe points and toe lifts Step left foot back, step right foot next to left, Step left foot forward Point right toe forward, lift foot – point right toe forward, lift foot
55+56, 57, 58 59+60, 61, 62	Shuffle forward, back ½ + ¼ turns Shuffle right forward, step left forward ½ turn right Shuffle left forward, step right forward ¼ turn left
63+64 65+66 67+68 69+70	Mambo rocks Rock forward on right, recover weight on left, step right next to left Rock back on left, recover weight on right, step left next to right Rock right to right side, recover weight on left, step right next to left Rock left to left side, recover weight on right, step left next to right