

## Loaded

64 Count, 2 Wall, Improver, Salsa

Choreographer: Nicola Lafferty (UK) Nov 2014

Choreographed to: Loaded (George Noriega Radio Edit 2)  
by Ricky Martin. Album: The Greatest Hits

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### Intro: 16 Counts from when main beat starts (approx 19 secs)

#### 1-8 Tap R Fwd, Tap L Fwd, R Side Mambo, Hold

1,2 Tap RF fwd, Close RF beside LF

3,4 Tap LF fwd, Close LF beside RF

5,6,7,8 Rock RF to R side, Recover weight to LF, Close RF to LF, Hold

#### 9-16 Tap L Fwd, Tap R Fwd, L Side Mambo, Hold

1,2 Tap LF fwd, Close LF beside RF

3,4 Tap RF fwd, Close RF beside LF

5,6,7,8 Rock LF to L side, Recover weight to RF, Close LF to RF, Hold

#### 17-24 Step Close, Step Touch Traveling to R & L diagonals

1,2 Step RF to R diagonal, Close LF to RF

3,4 Step RF to R diagonal, Touch LF beside RF

5,6 Step LF to L diagonal, Close RF to LF

7,8 Step LF to L diagonal, Touch RF beside LF

**\*Optional arms - punch both arms towards diagonal**

#### 25-32 4 x Step Touches Traveling Back

1,2 Step RF back, Touch LF beside RF, clicking hands to R side

3,4 Step LF back, Touch RF beside LF, clicking hands to L side

5,6 Step RF back, Touch LF beside RF, clicking hands to R side

7,8 Step LF back, Touch RF beside LF, clicking hands to L side

#### 33-40 Salsa Rocks

1,2 Rock RF back (angling body slightly to R), Recover to LF

3,4 Step RF to R side (squaring up to 12.00), Hold

5,6 Rock LF back (angling body slightly to L), Recover to RF

7,8 Step LF to L side (squaring up to 12.00), Hold

**\*Optional arms section – arms to 'Hold' position**

#### 41-48 Salsa Rock with ¼ Turn, L Mambo Step Back

1,2 Rock RF back (angling body slightly to R), Recover to LF

3,4 Make ¼ Turn to L, stepping back on RF (face 9.00), Hold

5,6 Rock LF back, Recover weight to RF

7,8 Step LF fwd, Hold

#### 49-56 Toe, Heel, Cross, Hold x 2

1,2 Touch R toe to L instep, Touch R heel to R diagonal

3,4 Cross RF over LF, Hold

5,6 Touch L toe to R instep, Touch L heel to L diagonal

7,8 Cross LF over RF, Hold

#### 57-64 Toe, Heel, Cross & Cross, Hold, ¼ Turn, Hold

1,2 Touch R toe to L instep, Touch R heel to R diagonal

3,4 Cross RF over LF, Step LF to L side

5,6 Cross RF over LF, Hold

7,8 Make ¼ Turn Stepping LF fwd (face 6.00), Hold

### Begin again

