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## Loaded Up & Trucking

32 Count, 4 Wall, Improver

Choreographer: Graham Mitchell (UK) May 2017

Choreographed to: East-Bound And Down by Jason McGilligan

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### Section 1: Syncopated Cross Rocks, Unwind ½ Turn, Coaster Step

1-2 Cross Right over Left, Recover left  
&3-4 Place Right beside Left, cross Left over Right, recover Right  
&5-6 Place left beside right, Cross Right over Left unwind ½ turn left  
7&8 Step back Left, close Right beside Left, step forward Left

### Section 2: Travelling Sambas, ½ Turn Kick, Coaster Step

1&2 Cross Right over Left, rock Left to left side, recover Right  
3&4 Cross Left over Right, rock Right to right side, recover Left  
5-6 Step forward Right, pivot ½ turn Left, kick Left foot  
7&8 Step back Left, close Right beside Left, step forward Left

### Section 3: Cross & Heel, Cross & Heel, Cross ¼ Side Shuffle

1&2 Cross Right over left, step back left, dig Right heel forward  
&3&4 Place right beside Left, cross Left over Right, step back right, dig left heel forward  
&5-6 Place Left beside Right, cross Right over left, step back left, making ¼ Right  
7&8 Step Right to right side, close left beside Right, step right to right side

### Section 4: Left & Right Sailor Steps, Toe ½ Turn, Kickball Step

1&2 Rock left behind Right, step right to right side, step Left to left side  
3&4 Rock Right behind Left, step Left to left side, step right to right side  
5-6 Touch Left toe back, make ½ turn Left  
7&8 Kick Right foot forward, place right beside Left, step forward Left