

# Loaded Up & Trucking

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**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Graham Mitchell (UK) - May 2017

**Music:** East-Bound and Down - Jason McGilligan : (Album: Looking Out My Backdoor)

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## **Section 1 (1-8) 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 (1-8) 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 (1-8) 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 (1-8) 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