

LOAD IT UP

Choreographer: Paul Culshaw & David Ian Blakeley
Description: 32 counts, Partner dance, Level Improver
Music: "East Bound & Down" by Midland. Intro 24 counts
Begin in Sweetheart position.

COUNT/STEP DESCRIPTION

1-8: Rock Recover, Shuffle Back, Coaster Step, Ball Step, Touch

1-2 Rock RF forward (1) Recover weight onto LF (2)
3&4 Shuffle back – R L R (3&4)
5&6 Step LF back (5) Step RF next to LF(&) Step LF forward (6)
&7-8 Step ball of RF next to LF (&) Step LF forward (7) Touch R toe next to LF (8)

9-16: Dorothy Step x2, Walk x4 With ½ Turn

1-2& Step RF to R diagonal (1) Cross LF behind RF (2) Small Step RF to R side (&)
3-4& Step LF to L diagonal (3) Cross RF behind LF (4) Small Step LF to L side (&)
5-6 Step RF forward (5) Step LF to L side making ¼ turn R (6)
7-8 Step RF back making ¼ turn R (7) Step LF back (8)

(On Count 5: Start to lift L hands on the walks and turn under, to end up in a Cross Hold by count 8)

17-24: Rock Recover, Shuffle ½ Turn, Rock Recover, Shuffle Fwd

1-2 Rock RF back (1) Recover weight onto LF (2)
3&4 Make ½ turn shuffle over L shoulder – R L R (3&4)
5-6 Rock LF back (5) Recover weight onto RF (6)
7&8 Shuffle forward – L R L (7&8)

(On Count 2: Start to lift L hands and turn under on the ½ shuffle, return to Sweetheart on count 4)

25-32: Walk Fwd x2, Shuffle Fwd, Walk Fwd x2, Shuffle Fwd

1-2 Walk forward – R L (1,2)
3&4 Shuffle forward – R L R (3&4)
5-6 Walk forward – L R (5,6)
7&8 Shuffle forward – L R L (7&8)

START AGAIN