

# Loca

Count: 68

Wall: 2

Level: Intermediate

Choreographer: Jaycee Quiambao - January 2012

Music: Loca (feat. Dizzee Rascal) - Shakira : (CD: Sale el Sol)



Intro: Start on lyrics

## **BOTA FOGOS, VOLTA STEPS, BOTA FOGO**

- 1a2 Cross R over L, step ball of L to side, step R in place
- 3a4 Cross L over R, step ball of R to side, step L in place
- 5a6a Cross R over L, step L to side, cross R over L, step L to side
- 7a8 Cross R over L, step ball of L to side, step R in place

## **BOTA FOGOS, VOLTA STEPS**

- 1a2 Cross L over R, step ball of R to side, step L in place
- 3a4 Cross R over L, step ball of L to side, step R in place
- 5a6a Cross L over R, step R to side, cross L over R, step R to side
- 7a8 Cross L over R, step R to side, cross L over R

## **SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS**

- &1-2 Hold, rock R to side, recover to L
- 3&4 Cross R behind L, step L to side, cross R over L
- &5-6 Hold, rock L to side, recover to R
- 7&8 Cross L behind R, step R to side, cross L over R

## **ROCK TURNS WITH HIP ROLLS**

- 1-2 Rock R to side, recover to L
- 3-4 Turn 1/4 left and rock R to side, recover to L
- 5-8 Repeat 3-4 twice

## **BACK ROCK, LOCK SHUFFLE, FORWARD ROCK**

- &1-2 Hold, rock R back (body turned diagonally right), hold
- 3-4 Recover to L, hold (square up front)
- 5&6 Lock shuffle forward on R,L,R
- 7-8 Rock L forward, recover to R

## **LOCK SHUFFLE, BACK ROCK, MODIFIED POINT SWITCHES**

- 1&2 Lock shuffle back on L,R,L
- &3-4 Hold, rock R back (body turned diagonally right), recover to L
- 5&6& Touch R toe behind L, step R back, touch L toe forward, step L back
- 7&8 Touch R toe behind L, step R back, touch L toe forward

## **TURN, SIDE SWAYS, MAMBO STEPS**

- 1-2 Turn 1/4 right and rock L to side (hips), recover to R (hips)
- 3-4 Rock L to side (hips), recover to R (hips)
- 5&6 Rock L forward, recover to R, step L back
- 7&8 Rock R back, recover to L, step R forward

## **MAMBO STEPS, POINT SWITCHES**

- 1&2 Rock L to side, recover to R, step L together
- 3&4 Rock R to side, recover to L, step R together
- 5&6& Touch L to side, step L together, touch R to side, step R together

7-8 Touch L toe to side and pump L heel twice (weight to L)

**POINT SWITCHES**

1&2& Touch R to side, step R together, touch L to side, step L together

3-4 Touch R toe to side and pump R heel twice (weight to L)

**REPEAT**

**Note:** For arm styling see video.

**Written by Roly Ansano**

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