

The Loca-Motion

Compte: 44

Mur: 4

Niveau: Intermediate

Chorégraphe: Cindi Talbot (CAN) & Lori MacKenzie (CAN)

Musique: Livin' la Vida Loca - Ricky Martin



KICK, TWIST, TWIST, TWIST (4 TIMES)

- 1&2& Kick right, twist heels right-left-right
- 3&4& Kick left, twist heels left-right-left
- 5&6& Kick right, twist heels right-left-right
- 7&8& Kick left, twist heels left-right-left

CROSS, STEP, CROSS, ROCK STEP; CROSS, STEP, CROSS, ROCK STEP

- 9-10-11 Step right across left, step left, step right across left
- &12 Quickly rock left, in place on right
- 13-14-15 Step left across right, step right, step right across left
- &16 Quickly rock right, in place on left

CROSS, ROCK STEP, CROSS, ROCK STEP, 4 PADDLE TURNS TURNING ½

- 17&18 Cross right over left, rock left, step right, moving forward
- 19&20 Cross left over right, rock right, step left, moving forward
- 21& Touch right toe to side, hitch right knee while pivoting 1/8 left with weight on left
- 22& Repeat 21&
- 23& Repeat 21&
- 24 Touch right toe to side

STEP TOGETHER, SHUFFLE FULL TURN, STEP TOGETHER, SHUFFLE FULL TURN

- 25-26 Step right, step together with left, using lots of hip motion
- 27&28 Shuffle right-left-right, making full turn right
- 29&30 Step left, step together with right, using hips
- 31&32 Shuffle left-right-left, making full turn left

SHUFFLE FORWARD, SHUFFLE ¼ LEFT

- 33&34 Shuffle forward right-left-right
- 35&36 Shuffle left-right-left, turning ¼ to left

KICK STEP CROSS, KICK STEP CROSS, HEEL & HEEL, STEP CROSS STEP

- 37&38 Kick right forward., Step right, cross left over right
- 39&40 Kick right forward., Step right, cross left over right
- 41&42& Kick right heel, step right, kick left heel, step left
- 43-44 Cross right over left, step left beside right

REPEAT
