

La Bicicleta

拍数: 96 墙数: 1 级数: Phrased Low Intermediate
编舞者: Partyfor2 (ES) - August 2016
音乐: La Bicicleta - Carlos Vives & Shakira



Part A:32 - Part B:16 - Part C:32 - Part D:16
Sequence: A-B-C-D-A-B-C-C-D-D-B-C-D-D

Intro: 16 counts

Part A – 32 counts

A1: SYNCOPATED ROCKIN' CHAIR(R), SIDE MAMBO(R), CHA CHA FWD(L-R)

1&2& Rock right forward, recover to left, rock right back, recover to left
3&4 Rock right side, recover to left, step right together
5&6 Step left forward, step right together, step left forward
7&8 Step right forward, step left together, step right forward

A2: SYNCOPATED ROCKIN' CHAIR(L), SIDE MAMBO(L), CHA CHA BACK(R-L)

9&10& Rock left forward, recover to right, rock left back, recover to right
11&12 Rock left side, recover to right, step left together
13&14 Step right back, step left together, step right back
15&16 Step left back, step right together, step left back

A3: 1/4 LEFT TURN SWAYS(R&L) x 2, JAZZBOX(R)

17-18 Turn ¼ left and sway to right, sway to left (09:00)
19-20 Turn ¼ left and sway to right, sway to left (06:00)
21-22 Cross right over left, step left back
23-24 Step right to right side, step left together

A4: 1/4 RIGHT TURN SWAYS(L&R) X 2, JAZZBOX(L)

[25 to 32] – (Repeat 17 to 24 with opposite footwork and direction)

Part B – 16 counts

B1: LUNGE FWD X2 (R-L), SYNCOPATED ROCKIN' CHAIR TURNING 1/4 LEFT, ¼ TURN LEFT & FWD MAMBO(R)

1&2 Lunge right forward, recover to left, step right together
3&4 Lunge left forward, recover to right, step left together
5&6& Turn ¼ left and rock right forward, recover to left, rock right back, recover to left (09:00)
7&8 Turn ¼ left and rock right forward, recover to left, step right together (06:00)

B2: LUNGE FWD X2 (R-L), SYNCOPATED ROCKIN' CHAIR TURNING 1/4 LEFT, ¼ TURN LEFT & FWD MAMBO(R)

(9 to 16) – (Repeat 1 to 8 with opposite footwork and direction) (09:00) (12:00)

Part C – 32 counts

C1: SIDE BASIC X2 (R-L), DIAGONAL BASIC X2 (R-R) SIDE BASIC X2 (L-R), DIAGONAL BASIC X2 (L-L)

1&2& Step right to right, touch left together, step left to left, touch right together
3&4& Step right diagonally forward, step left together, step right diagonally forward, touch left together
5&6& Step left to left, touch right together, step right to right, touch left together
7&8& Step left diagonally forward, step right together, step left diagonally forward, touch right together

C2: SYNCOPATED DIAGONAL OUT-OUT, 1/4 TURN LEFT IN-IN, SYNCOPATED LEAPS FWD

- 9&10& Step right diagonally forward, step left diagonally forward, turn ¼ left and step right back, step left together (09:00)
- 11&12& Step right diagonally forward, step left diagonally forward, turn ¼ left and step right back, step left together (06:00)
- 13&14& Leap right forward, leap left forward, leap right forward, leap left forward
- 15&16& Leap right forward, leap left forward, leap right forward, leap left forward

C3-C4: SYNCOPATED DIAGONAL OUT-OUT, 1/4 TURN LEFT IN-IN, SYNCOPATED LEAPS FWD [17 to 32] - Repeat 9 to 16 (12:00)

Part D – 16 counts

D1: FULL LEFT TURN FWD STEPS (Turn to left while walking forward a full circle)

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left forward, step right forward(06:00)
- 5-6 Step left forward, step right forward
- 7&8 Step left forward, step right forward, step left forward(12:00)

D2: SIDE CHA CHA(R), 1/2 TURN RIGHT & SIDE CHA CHA(L)

- 9&10 Step right to right, step left together, step right to right side
- 11&12 Turn ½ to right and step left to left side, step right together, step left to left side(06:00)
- 13&14 Step right to right, step left together, step right to right side
- 15&16 Turn ½ to right and step left to left side, step right together, step left to left side(12:00)

(*If you want to add arms style to the footwork, you can watch the teaching and demo video made by Partyfor2.)

REPEAT

Contact: partyfortwo@hotmail.es

Last Update - 30th Oct 2016
