

La Bicicleta

拍数: 48 墙数: 2 级数: Newcomer
编舞者: Joan Morro (ES) & Tecnicos Baleares - October 2016
音乐: La Bicicleta - Carlos Vives & Shakira



Intro: Start 16 counts or on Lyrics

S1: □ Side Mambo Step x2 , ½ Rumba Box Bwd, Rock in Chair

1&2 RF Step Side R , recover , RF Step together LF
3&4 LF Step Side L , recover , LF Step together RF
5&6 RF Step side to R , LF Step Next RF , RF Step Bwd
7& LF Back Rock, recover
8& LF Fwd Rock, recover

S2: □ ½ Rumba Box Fwd to L Modificatet Rock In Chair, Paddle Turn x 4

1&2 LF Step side to L , RF Step Next LF , LF Fwd Step
3& RF Fwd Rock, recover
4& RF side R Rock, recover
5& Make ¼ Turn L , RF side Touch to R, recover (9:00)
6& Make ¼ Turn L , RF side Touch to R, recover (6:00)
7& Make ¼ Turn L , RF side Touch to R, recover (3:00)
8& Make ¼ Turn L , RF side Touch to R, recover (12:00)

RESTART HERE ON WALL 5 or 16 FIRST COUNTS (12:00)

S3: □ Botafogo x 2, Out Out Fwd & Bwd , Hip Roll x 2 (CCW)

1&2 RF Cross over LF , LF Step to L , RF Step Fwd to Diagonally R
3&4 LF Cross over RF , RF Step to R , LF make ¼ Turn Step Fwd (9:00)
&5 RF Step Side Fwd , LF Step Side Fwd
&6 RF Step side Bwd , LF Step Side Bwd
&7 Hip Roll in Counter Clockwise
&8 Hip Roll in Counter Clockwise

S4: □ Point Fwd RF , Flick ¼ Turn To L , Shuffle R Fwd, Hell Switches x 2 , Kick Ball Touch

1-2 RF Point Fwd , RF turning ¼ to L Flick Bwd (6:00)
3&4 RF Step Fwd , LF Step next RF , RF Step Fwd
5& LF Touch Hell Fwd , LF Step Together RF
6& RF Touch Hell Fwd , RF Step Together LF
7&8 LF Kick Fwd , LF Step onto ball , RF Touch Together LF

S5: □ Step Side R , Close , Chassé R , Toe Strut Fwd x 4 With Shimmy

1-2 RF Step side R , LF Step Close
3&4 RF Step side R , LF Step Close RF , RF Step Side R
5& LF Touch Toe Fwd , Drop Hell L Down
6& RF Touch Toe Fwd , Drop Hell R Down
7& LF Touch Toe Fwd , Drop Hell L Down
8& RF Touch Toe Fwd , Drop Hell R Down

• □ On Counts 5 to 8& make Shimmy

S6: □ Step Side L , Close , Chassé L , Camel Walk Bwd RF X 4 With Arms Movement

1-2 LF Step side L , RF Step Close
3&4 LF Step side L , RF Step side Close FL , RF Step Side L
&5 RF Hich , RF Touch Together LF

& LF Step Back , RF Hich
6 RF Touch Together LF
& LF Step Back , RF Hich
7 RF Touch Together LF
& LF Step Back, RF Hich
8 RF Touch Together LF

•□On counts & 5 to 8 make Arm Movements as if we were in the hands of the pedals of a bicycle backwards.

ENDING : In the wall 8 Start

E1:□Side Mambo Step x 2 , Diagonal LockStep x 5 Fwd with Arms Movement

1&2 RF Step side R , recover , RF Step Close
3&4 LF Step side L , recover , LF Step Close
5&6 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd *
7&8 LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd

1&2 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd
3&4 LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd
5&6 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd
7 LF Step Close

•□On count from 5 to the End make Rolling your Hands as if we were in the hands of the pedals of a bicycle Forward.

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