

Loca

拍数: 80 墙数: 1
编舞者: Roly Ansano (USA) - March 2019
音乐: Loca - Álvaro Soler

级数: Phrased High Beginner



Seq: ABBCC-Tag-DD-ABBCC-Tag-D-A-Tag-CCD

Sec A (32): VERSE

- 1-4 Shuffle forward RLR, LRL
- 5-8 Step R back, touch L together, step L back, touch R together

- 9-16 Turn 1/4 left and repeat steps 1-8

- 17-24 Turn 1/4 left and repeat steps 1-8

- 25-32 Turn 1/4 left and repeat steps 1-8

Sec B (16): PRE-CHORUS (Y ven trepa la cama...)

- 1-2 Square up to front wall and cross R toe over, touch R side
- 3&4 Sailor shuffle RLR
- 5-6 Cross L toe over, touch L side
- 7&8 Sailor shuffle LRL

- 9-12 Rock R side, recover, step R together, hold
- 13-16 Rock L side, recover, step L together, hold

Sec C (16): CHORUS (Loca, loca, loca...)

- 1-4 Tap R heel forward twice, tap R toe back twice
- 5-6 Touch R forward, touch R back
- 7-10 Shuffle forward RLR, LRL
- 11-12 Step R back and turn 1/2 right, step L forward and turn 1/2 right
- 13-14 Step R back, step L together
- 15&16& Point R side, step R together, point L side, step L together

Sec D (16): INSTRUMENTAL

- 1-2 Step R forward, sweep and touch L in front of R
- 3-4 Step L back, sweep and touch R behind L
- 5-8 Repeat steps 1-4

- 9-10 Step R forward, sweep and touch L in front of R
- 11-12 Step L back, hook R toe over R
- 13-16 Pump R heel to right (4X)

TAG (4):

- 1-4 Cross arms chest level, spread arms out to sides, sweep arms up overhead, drop arms.

Note: For styling, watch the dance demo.