

# The Loca-Motion

拍数: 44      墙数: 4      级数: Intermediate  
编舞者: Cindi Talbot (CAN) & Lori MacKenzie (CAN)  
音乐: 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

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