

The Loca-Motion

拍数: 44 墙数: 4 级数: Intermediate
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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
