

Loca

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Jaycee Quiambao - January 2012
音乐: Loca (feat. Dizzee Rascal) - Shakira : (CD: Sale el Sol)



Intro: Start on lyrics

BOTA FOGOS, VOLTA STEPS, BOTA FOGO

1a2 Cross R over L, step ball of L to side, step R in place
3a4 Cross L over R, step ball of R to side, step L in place
5a6a Cross R over L, step L to side, cross R over L, step L to side
7a8 Cross R over L, step ball of L to side, step R in place

BOTA FOGOS, VOLTA STEPS

1a2 Cross L over R, step ball of R to side, step L in place
3a4 Cross R over L, step ball of L to side, step R in place
5a6a Cross L over R, step R to side, cross L over R, step R to side
7a8 Cross L over R, step R to side, cross L over R

SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

&1-2 Hold, rock R to side, recover to L
3&4 Cross R behind L, step L to side, cross R over L
&5-6 Hold, rock L to side, recover to R
7&8 Cross L behind R, step R to side, cross L over R

ROCK TURNS WITH HIP ROLLS

1-2 Rock R to side, recover to L
3-4 Turn 1/4 left and rock R to side, recover to L
5-8 Repeat 3-4 twice

BACK ROCK, LOCK SHUFFLE, FORWARD ROCK

&1-2 Hold, rock R back (body turned diagonally right), hold
3-4 Recover to L, hold (square up front)
5&6 Lock shuffle forward on R,L,R
7-8 Rock L forward, recover to R

LOCK SHUFFLE, BACK ROCK, MODIFIED POINT SWITCHES

1&2 Lock shuffle back on L,R,L
&3-4 Hold, rock R back (body turned diagonally right), recover to L
5&6& Touch R toe behind L, step R back, touch L toe forward, step L back
7&8 Touch R toe behind L, step R back, touch L toe forward

TURN, SIDE SWAYS, MAMBO STEPS

1-2 Turn 1/4 right and rock L to side (hips), recover to R (hips)
3-4 Rock L to side (hips), recover to R (hips)
5&6 Rock L forward, recover to R, step L back
7&8 Rock R back, recover to L, step R forward

MAMBO STEPS, POINT SWITCHES

1&2 Rock L to side, recover to R, step L together
3&4 Rock R to side, recover to L, step R together
5&6& Touch L to side, step L together, touch R to side, step R together

7-8 Touch L toe to side and pump L heel twice (weight to L)

POINT SWITCHES

1&2& Touch R to side, step R together, touch L to side, step L together

3-4 Touch R toe to side and pump R heel twice (weight to L)

REPEAT

Note: For arm styling see video.

Written by Roly Ansano
