

Loca

拍数: 64 墙数: 4 级数: Phrased Intermediate - WCS
编舞者: Maryloo (FR) - November 2010
音乐: Loca (feat. El Cata) - Shakira : (Album: Loca)



Sequence : A-B-A-A-B-A-B-B-A

PART A – 32 counts

LINDY RIGHT, LINDY LEFT

1&2 Side shuffle : right, left, right
3-4 Rock left back, recover on right
5&6 Side Shuffle : left, right, left
7-8 Rock right back, recover on left

WIGGLE STEPS

1&2 Step right forward bumping hips (right left right)
3&4 Step left forward bumping hips (left right left)
5&6 Step right forward bumping hips (right left right)
7&8 Step left forward bumping hips (left right left)

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ¼ TURN LEFT

1-2 Cross/rock right over left, recover on left
3&4 Shuffle to right (right, left, right)
5-6 Cross/rock left over right, recover on right
7&8 Step left behind right, make ¼ turn left and step right to side, step left forward

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ½ TURN LEFT

1-2 Cross/rock right over left, recover on left
3&4 Shuffle to right (right, left, right)
5-6 Cross/rock left over right, recover on right
7&8 Step left behind right with ¼ turn left, step right to side with ¼ turn left, step left forward

PART B – 32 counts

SHUFFLE FORWARD, ROCK STEP, TRIPLE ½ TURN LEFT TRAVELING FORWARD, TRIPLE ½ TURN LEFT TRAVELLING BACKWARD

1&2 Shuffle forward (right, left, right)
3-4 Rock left forward, recover on right
5&6 Turn ½ left and step left forward, step right together, step left forward
7&8 Turn ½ left and step right back, step left together, step right back

ROCK BACK , SAMBA STEP LEFT, SAMBA STEP RIGHT, SAMBA ¼ TURN RIGHT

1-2 Rock left back, recover on right
3&4 Step left to side, step right slightly behind left, cross left over right
5&6 Step right to side, step left slightly behind right, cross right over left
7&8 Step left forward, make ¼ turn right and step right slightly behind left, cross left over right

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK WITH ¼ TURN RIGHT, STEP FORWARD

1-2 Rock right to side, recover on left
3&4&5&6& Cross right over left, step left to side, cross right over left, step left to side, cross right over left, step left to side , cross right over left
7&8 Rock left to side, make a ¼ turn right and recover on right, step left forward

KNEE POPS TRAVELLING BACKWARD, COASTER STEP, PIVOT ½ TURN LEFT

1& Touch right toe in front on left foot(knee “ in”), step right slightly backward,
2& Touch left toe in front on right foot (knee” in”), step left slightly backward,
3& Touch right toe in front on left foot(knee” in”), step right slightly backward,
4 Touch left toe in front on right foot (knee “in”)
5&6 Step left back, step right together, step left forward
7-8 Step right forward, pivot ½ turn left (weight on left)

ENDING :

1&2&3&4 Make a ¼ turn left with 3 small ”paddle turn” on “ loca loca”

Have Fun !

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