

La Bicicleta

拍數: 96 牆數: 4 級數: Phrased Intermediate
編舞者: Els de VOS (NL) - August 2016
音樂: La Bicicleta - Carlos Vives & Shakira



SEQUENCE: A,B ,A, B, A,Tag 16, B, B16 ending.....

PART A: 48 counts

A1: SIDE ROCK BEHIND SIDE CROSS, SIDE ROCK SAILOR 1/4

1-2-3&4 Step R right, recover L, step R behind left, step L left, step R across left.
5-6-7&8 Step L left, recover R, step L behind R, ¼ turn L, step R next to L,step L fwd.

A2: POINT R,L, STEP ½ , LOCK STEP

1&2&3&4 &□Point R fwd recover point R ft fwd recover , point L fwd recover , point L fwd recover
(move your hips)
5-6-7&8 Step R fwd,1/2 turn left, step R fwd,lock left behind, step R fwd.

A3: SIDE ROCK BEHIND SIDE CROSS, SIDE ROCK SAILOR 1/4

1-2-3&4 Step L left recover, step L behind R, step, step R right, step L across R.
5-6-7&8 Step R right recover ,step R behind L, ¼ turn R, step L next to R, step R fwd.

A4: POINT L,R, STEP ¼, LOCK STEP

1&2&3&4& Point L fwd recover, point L fwd recover, point Rt fwd recover, point Rt fwd recover (move
your hips)
5-6-7&8 Step L fwd,1/4 turn right, step L fwd lock R behind, step L fwd.

A5: KICK OUT OUT, KICK OUT OUT , BACK TOUCH, BACK TOUCH, BACK TOUCH, BACK TOUCH.

1&2&3&4& Kick R fwd, step R right, step L left, Step R next L, Kick L fwd step L left, step R right, step L
next R
5&6&7&8& Step R back, touch L fwd, step L back touch R fwd, step R back touch L fwd ,step L back
touch R.fwd.

A6: WALK R, L , STOMP STOMP STEP , ROCK STEP, SHUFFLE BACK

1-2-3&4 Walk R fwd, Walk L fwd, stomp R fwd, stomp R fwd ,step R fwd.
5-6-7&8 Step L fwd recover, step L back, R next L, step L back

PART B: 48 counts

B1: CHASSE ¼ POINT , POINT, CROSS SAMBA , CROSS SHUFFLE

1&2-3&4 Step R right, L next R, ¼ turn right step R fwd, point L left, point R right.
5&6-7&8 Cross R across L, step L left , Step R right, cross L across R, step R right, cross R across L

B2: ROCKING CHAIR 2X, STEP ½ SHUFFLE,

1&2&3&4& Step R fwd recover, ,step R back recover 2x (in right corner)
5-6-7&8 Step R fwd ½ turn left,Step R fwd , lnext R, step R fwd.

B3: ROCKING CHAIR 2X STEP 3/8 , SHUFFLE.

1&2&3&4& Step L fwd recover, step L back recover 2x,
5-6-7&8 Step L fwd 3/8 turn right, step L fwd, step R next, step lL fwd.

B4: SWIVEL, SWIVEL, COASTER STEP, SYNCOPATED LOCK STEP FWD.

1-2-3&4 Swivel both feet ¼ right, swivel both feet ¼ left, step L back, step R next , Step L fwd.
5&6&7&8 step R fwd, lock L behind R, step R fwd, step L fwd, lock R bhind L, step L fwd, step R fwd .

B5: SWIVEL, SWIVEL, COASTER STEP, SYNCOPATED LOCK STEP BACK.

1-2-3&4 Swivel both feet $\frac{1}{4}$ left, swivel both feet $\frac{1}{4}$ right, step R back, step L next, step R fwd.
5&6&7&8 Step L back,,step R across L,step L back, step R back , step left across R, step R back , step left back .

B6: SAILOR HALF, TICK FLICK CROSS, SAMBA WALKS 3/4

1&2-3&4 $\frac{1}{2}$ turn R, Step R behind L, step L left, step R fwd. Tick L left , flick left, step L across R.
5&6&7&8& $\frac{3}{4}$ tun R , step R fwd ,step L behind (4x)

TAG: AFTER 5 th WALL AFTER 3th TIME PART A:

The last 16 counts of part A (Kick out out..... , .

ENDING: after count 12 & part B, step fwd R turn $\frac{1}{8}$ left to 12 hr

Special written for the linedance holliday Malgrat de Mar Hotel Papi...2016

HAVE FUN

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