

# 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**

**Contact: [elsbdv@GMAIL.COM](mailto:elsbdv@GMAIL.COM)**

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