

# La Bicicleta

拍數: 48      牆數: 2      級數: Newcomer  
編舞者: Joan Morro (ES) & Tecnicos Baleares - October 2016  
音樂: La Bicicleta - Carlos Vives & Shakira



**Intro: Start 16 counts or on Lyrics**

**S1: □ Side Mambo Step x2 , ½ Rumba Box Bwd, Rock in Chair**

1&2      RF Step Side R , recover , RF Step together LF  
3&4      LF Step Side L , recover , LF Step together RF  
5&6      RF Step side to R , LF Step Next RF , RF Step Bwd  
7&      LF Back Rock, recover  
8&      LF Fwd Rock, recover

**S2: □ ½ Rumba Box Fwd to L Modificatet Rock In Chair, Paddle Turn x 4**

1&2      LF Step side to L , RF Step Next LF , LF Fwd Step  
3&      RF Fwd Rock, recover  
4&      RF side R Rock, recover  
5&      Make ¼ Turn L , RF side Touch to R, recover ( 9:00 )  
6&      Make ¼ Turn L , RF side Touch to R, recover ( 6:00 )  
7&      Make ¼ Turn L , RF side Touch to R, recover ( 3:00 )  
8&      Make ¼ Turn L , RF side Touch to R, recover ( 12:00 )

**RESTART HERE ON WALL 5 or 16 FIRST COUNTS ( 12:00 )**

**S3: □ Botafogo x 2, Out Out Fwd & Bwd , Hip Roll x 2 ( CCW )**

1&2      RF Cross over LF , LF Step to L , RF Step Fwd to Diagonally R  
3&4      LF Cross over RF , RF Step to R , LF make ¼ Turn Step Fwd ( 9:00 )  
&5      RF Step Side Fwd , LF Step Side Fwd  
&6      RF Step side Bwd , LF Step Side Bwd  
&7      Hip Roll in Counter Clockwise  
&8      Hip Roll in Counter Clockwise

**S4: □ Point Fwd RF , Flick ¼ Turn To L , Shuffle R Fwd, Hell Switches x 2 , Kick Ball Touch**

1-2      RF Point Fwd , RF turning ¼ to L Flick Bwd ( 6:00 )  
3&4      RF Step Fwd , LF Step next RF , RF Step Fwd  
5&      LF Touch Hell Fwd , LF Step Together RF  
6&      RF Touch Hell Fwd , RF Step Together LF  
7&8      LF Kick Fwd , LF Step onto ball , RF Touch Together LF

**S5: □ Step Side R , Close , Chassé R , Toe Strut Fwd x 4 With Shimmy**

1-2      RF Step side R , LF Step Close  
3&4      RF Step side R , LF Step Close RF , RF Step Side R  
5&      LF Touch Toe Fwd , Drop Hell L Down  
6&      RF Touch Toe Fwd , Drop Hell R Down  
7&      LF Touch Toe Fwd , Drop Hell L Down  
8&      RF Touch Toe Fwd , Drop Hell R Down

• □ On Counts 5 to 8& make Shimmy

**S6: □ Step Side L , Close , Chassé L , Camel Walk Bwd RF X 4 With Arms Movement**

1-2      LF Step side L , RF Step Close  
3&4      LF Step side L , RF Step side Close FL , RF Step Side L  
&5      RF Hich , RF Touch Together LF

& LF Step Back , RF Hich  
6 RF Touch Together LF  
& LF Step Back , RF Hich  
7 RF Touch Together LF  
& LF Step Back, RF Hich  
8 RF Touch Together LF

•□On counts & 5 to 8 make Arm Movements as if we were in the hands of the pedals of a bicycle backwards.

**ENDING : In the wall 8 Start**

**E1:□Side Mambo Step x 2 , Diagonal LockStep x 5 Fwd with Arms Movement**

1&2 RF Step side R , recover , RF Step Close  
3&4 LF Step side L , recover , LF Step Close  
5&6 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd \*  
7&8 LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd

1&2 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd  
3&4 LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd  
5&6 RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd  
7 LF Step Close

•□On count from 5 to the End make Rolling your Hands as if we were in the hands of the pedals of a bicycle Forward.

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