

# La Bicicleta

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Magali CHABRET (FR) - November 2016  
音樂: La Bicicleta - Carlos Vives & Shakira : (Album: La Bicicleta - Single)



## #16 counts intro

### S1 : CROSS, SIDE ROCK, CROSS, SIDE ROCK, CROSS, SIDE ROCK, CROSS, AND CROSS

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

### S2 : ¼ TURN L STEP SIDE, L & R TOGETHER, SIDE, R & L TOGETHER, R WIZARD, LEFT DIAGONALLY LOCK STEP

1-2&      1/4 turn L stepping R to R side – step L next to R – step R in place (9:00)  
3-4&      Step L to L side – step R next to L – step L in place  
5-6&      Step R diagonally forward – lock L behind R – step R to R side  
7&8      Step L diagonally forward – lock R behind L – step L diagonally forward

### S3 : SIDE, TOGETHER, SIDE, TOGETHER, SIDE, L BACK ROCK, VOLTA ½ TURN L, R CHASSE

1&2&3      Step R to R side – step L next to R – step R to R side – step L next to R – step R to R side  
&4      Rock back on L – recover onto R  
5&6      1/4 turn L stepping L forward – step R beside L – 1/4 turn L and cross L over R (3:00)  
7&8      Step R to R side – step L beside R – step R to R side

### S4 : CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE, CROSS, ¼ TURN R, COASTER STEP

1&2&      Cross rock L over R – recover onto R – rock L to L side – recover onto R  
3&4      Cross rock L over R – recover onto R – step L to L side  
5-6      Cross R over L – 1/4 turn R stepping back on L (6:00)  
7&8      Step back on ball of R – step ball of L next to R – step R forward

### S5 : FWD MAMBO, BACK MAMBO, SIDE MAMBO, SIDE MAMBO

1&2      Rock L forward – recover onto R – step L beside R  
3&4      Rock back on R – recover onto L – step R beside L  
5&6      Rock L to L side – recover onto R – step L beside R  
7&8      Rock R to R side – recover onto L – step R beside L

### S6 : L & R CROSS SAMBA, PADDLE ¾ TURN L

1&2      Cross L over R – rock R to R side – recover onto L  
3&4      Cross R over L – rock L to L side – recover onto R  
5&      1/8 turn L stepping L forward – step ball of R beside L  
6&      1/4 turn L stepping L forward – step ball of R beside L  
7&8      1/4 turn L stepping L forward – step ball of R beside L – 1/8 turn L stepping L forward (9:00)

« Croquez la vie à pleines danses ! » Magali Chabret ☐

Original stepsheet of the choreographer - galicountry76@yahoo.fr - www.galichabret.com