

La Bicicleta

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