

Se Vuelve Loca Motion

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 1 級數: Phrased Intermediate
編舞者: Val Saari (CAN) - August 2018
音樂: Se Vuelve Loca (Spanglish Version) - CNCO



PHRASED SEQUENCE: A B B A, C B B A, C

PART A: 32 counts

A1: MODIFIED RUMBA BOX FWD, RF ROCK/RECOVER, SHUFFLE BACK X 2 (RLR, LRL)

1&2 Step LF to left side, Step RF beside LF, Step LF forward, hold
3-4 Rock RF forward, Recover L
5&6 Shuffle back RLR
7&8 Shuffle back LRL

A2: SCISSOR STEPS RLR, LRL, MODIFIED TOE-STRUT V STEP

1&2 RF Step R, LF Recover, RF crosses LF and Hold (push and cross)
3&4 LF Step L, RF Recover, LF crosses RF and Hold (push and cross)
5&6& Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward
(11:00), Step heel down
7&8& Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

A3: SHUFFLE BACK (RLR, LRL), SIDE MAMBOS X 2 (RL)

1&2 Shuffle back RLR
3&4 Shuffle back LRL
5&6 RF Rock right, LF recover, RF step beside L
7&8 LF Rock left, RF recover, LF step beside R

A4: WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward, RF, LF
3&4 Rock forward on RF, Recover LF, Step back on RF
5-6 Walk back, LF, RF
7&8 Rock back on LF, Recover RF, Step LF beside right

PART B: 32 counts

B1: TOE-STRUT MODIFIED JAZZ BOX/ MAMBO BACK X 2 (RL)

1&2& Cross RF over L, Touch RF toe - drop R heel, Step LF left on toes, LF heel down
3&4 Rock RF back, Recover LF, Step RF together, hold
5&6& Cross LF over R, Touch LF toe - drop L heel, Step RF right on toes, RF heel down
7&8 Rock LF back, Recover RF, Step LF beside R, hold

B2: HIP CIRCLES X 4, HEEL BOUNCES X 4 (RRL)

1-4 Keeping knees bent, make four hip circles, (in a hula-hoop motion)
5-8 Bounce Twice on R heel, Bounce Twice on L heel

B3: CROSS MAMBOS CHA CHA CHA X 2 (RL)

1-2 RF Cross over L, LF Recover weight
3&4 Recover RF, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF left, Step RF beside L, Step LF in place

B4: RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left

5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

PART C: 16 counts

C1: STEP TOUCHES X 4 (FBFB)

1-2 Step RF Forward (shimmy), touch LF beside
3-4 Step LF back, touch RF beside L
5-6 Step RF Forward (shimmy), touch LF beside
7-8 Step LF back, touch RF beside L

C2: RF STEP-PIVOT 1/2 L, SHUFFLE FORWARD RLR, LF STEP-PIVOT 1/2 R, SHUFFLE forward LRL

1-2 Step RF forward, pivot 1/2 left
3&4 Shuffle forward RLR
5-6 Step LF Forward, pivot 1/2 right
7&8 Shuffle Forward LRL
