

La Bicicleta

拍數: 48 牆數: 4 級數: Improver Salsa style
編舞者: Marc Mitchell (CAN) - December 2019
音樂: La Bicicleta - Carlos Vives & Shakira



Intro: 16 counts - Direction: CCW

LEFT FORWARD MAMBO, RIGHT BACK MAMBO, LEFT SIDE MAMBO, RIGHT SIDE MAMBO

1&2 Step left forward, recover right, step left together
3&4 Step right back, recover left, step right together
5&6 Step left to side, recover right, step left together
7&8 Step right to side, recover left, step right together

PADDLE RIGHT 1/4 TURN X 2, LEFT FORWARD SYNCOPATED LOCK STEP, RECOVER

1-2 Step left forward, pivot 1/4 turn right, weight on right
3-4 Step left forward, pivot 1/4 turn right, weight on right
5&6& Step left forward diagonal, lock right behind, step left forward diagonal, lock right behind
7&8& Step left forward diagonal, lock right behind, step left forward diagonal, recover on right

LEFT BEHIND, SIDE, CROSS, SWIVEL 1/2 TURN RIGHT-LEFT, FORWARD SYNCOPATED LOCK STEP

1&2 Step left behind right, step right to side, cross left over right
3-4 Swivel by lifting heels 1/2 turn right, swivel 1/2 turn left
5&6& Step right forward diagonal, lock left behind, step right forward diagonal, lock left behind
7&8 Step right forward diagonal, lock left behind, step right forward diagonal

NIGHT CLUB LEFT & RIGHT, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE

1-2& Step left to side, step right behind, recover left
3-4& Step right to side, step left behind, recover right
5-6 Step left forward, step right side 1/4 turn to right
7&8 Cross left over right, step right side, cross left over right

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, ROCK, RECOVER, 1/2 TURN SHUFFLE

1&2 Step right to side, recover left, step right together
3&4 Step left to side, recover right, step left together
5-6 Step right forward, recover left
7&8 Step right forward 1/2 turn right, step left together, step right forward

LEFT SIDE MAMBO, RIGHT SIDE MAMBO, ROCK RECOVER 1/2 TURN, RIGHT FORWARD LOCK STEP

1&2 Step left to side, recover right, step left together
3&4 Step right to side, recover left, step right together
5&6 Step left forward, recover right, step left forward 1/2 turn left
7&8 Step right forward diagonal, lock left behind, step right forward diagonal

RESTART: After 16 counts of wall 6 (9.00)

*ENDING: After 16 counts of wall 9 (9.00). After 12 counts, syncopate the lock step while turning 1/2 turn right for a perfect finish.

*WALL SEQUENCE: 12,9,6,3,12,9,3,12,9

