

# 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

