

Bien loco loco

拍數: 32 牆數: 4 級數: Improver
編舞者: Sobrielo Philip Gene (SG) - April 2021
音樂: Vamos a Ponernos Locos - Mark B



Intro: 32 counts

[1-8] STEP, ROCK RECOVER, 1/4 FORWARD, STEP HITCH, STEP BACK SWEEP

1-3 Step RF to right (1), Cross rock LF over RF (2), recover weight onto RF (3),
4-5 1/4 left step LF forward (4) Step RF forward while hitching LF behind RF (5) (Figure 4) (9:00)
6-8 Step LF slightly back sweeping RF forward to back (6), Step RF back sweeping LF forward to
 back (8) Step LF back sweeping RF forward to back(8),

[9-16] SAILOR STEPS, PIVOT 1/2 WALK WALK

1&2 Step RF back of LF (1), step LF to left (&), Step RF to right (2)
3&4 Step LF back of RF (1), step RF to right (&), Step LF to left (2)
5-6 Step RF forward (5), turn 1/2 left (6)
7-8 Walk forward RF (7), walk forward LF (3:00)

[17-24] HIP SWAYS QUICK STEPS (R/L)

1-3 Step RF to right and sway hip to right (1), sway hip to left (2), sway hip to right (3)
&4 Step LF beside RF (&) step RF beside LF (4)
5-7 Step LF to left and sway hip to left (5), sway hip to right (6), sway hip to left (7)
&8 Step RF beside LF (&) step LF beside RF (4)

[25-32] ROCK RECOVER, 1/2 SHUFFLE, ROCK RECOVER COASTER CROSS

1-2 Rock RF forward (1), Recover onto LF (2)
3&4 1/4 right step RF to right (3), step LF beside RF (&), 1/4 right step RF forward (4)
5-6 Rock LF forward (5), Recover onto RF (6)
7&8 Step LF back (7), step RF beside LF (&), Cross LF over RF (8)

Repeat
