

Poco Loco

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2022
音樂: Suave - Alvaro Estrella



Start after 16 count intro – approx. 9secs – 103bpm – 2mins 55secs

Music Available: Amazon

[1-8] R cross rock/recover, R chassé, L cross rock/recover, ¼ L, L fwd shuffle

1-2 Cross rock R over L, recover weight on L
3&4 Step R side, step L together, step R side
5-6 Cross rock L over R, recover weight on R
7&8 Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

WALL 3 RESTART: Dance first 6 counts then replace counts 7&8 with the following L chassé

7&8 Step L side, step R together, step L side then begin the dance again facing front wall

[9-16] R fwd, L touch together, L back, touch R heel fwd, R back, L fwd, R fwd bump hips R/L/R, L fwd mambo

1-2 Step R forward, touch L together
&3&4 Step L back, touch R heel forward, step R back, step L forward
5&6 Step R forward bump R hip forward, bump L hip back, bump R hip forward (weight ends on R)
7&8 Rock L forward, recover weight on R, step L back

[17-24] Walk back R/L, R sailor, L cross rock/R recover/L side, R cross shuffle

1-2 Step R back, step L back
3&4 Cross step R behind L, step L side, step R side
5&6 Cross rock L over R, recover weight on R, step L side
7&8 Cross step R over L, step L side, cross step R over L

[25-32] L side rock/recover, ¼ L toaster step, R/L side switches, R fwd, L fwd

1-2 Rock L side, recover weight on R
3&4 Turning ¼ left step L back, step R together, step L forward (6 o'clock)
5&6& Touch R side, step R together, touch L side, step L together
7-8 Step R forward, step L forward

[33-40] R back, touch L heel fwd, hold, L back, R touch together, R side, L touch together, L back, touch R heel fwd, hold, R back, L touch together, L side, R touch together

&1-2 Step R slightly back, touch L heel forward, hold

BIG FINISH: Keep left heel forward to strike a pose!

&3&4 Step L back, touch R together, step R side, touch L together
&5-6 Step L slightly back, touch R heel forward, hold
&7&8 Step R back, touch L together, step L side, touch R together

[41-48] R ball cross, R side, ¼ L toaster step, ¼ L with R/L hip bumps, ½ L with R/L hip bumps

&1-2 Step R back, cross step L over R, step R side
3&4 Turning ¼ left step L back, step R together, step L forward (3 o'clock)
5-6 Turning ¼ left bump R hip side (12 o'clock), bump L hip left side
7-8 Turning ½ left bump R hip side (6 o'clock), bump L hip (weight ends on L)

Last Update - 5 Apr. 2022

