

Loco

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Frankie Cull (UK)
音樂: Loco - Fun Lovin' Criminals



2 HIP BUMPS, CLICK LEFT & RIGHT, ¼ TURN LEFT, CROSS LOCKING SHUFFLE BACK, STEP BACK LEFT

1&2 Step right foot to right side bumping hips to the right (1) recover (&) bump hips to right again (2)

Styling: knees slightly bent, keeping elbows in at waist, lower arms straight out in front parallel to the floor & palms down, make hands/arms sweep to right twice with both hip movements

3 Step left foot next to right & click both fingers out to left.

4 Click both fingers out to right

Styling: stay facing front as you lean top half of body very slightly to the left side with knees still slightly bent, swinging straight arms out together at a 45 degree angle to left & click. Repeat to right

5 Turn ¼ left stepping forward onto left foot

6&7 Cross right foot over left, step back left, cross right foot back over left

8 Step left foot back

TURN ½ TURN RIGHT, STEP FORWARD & HITCH, SWIVEL & LOOK LEFT & RIGHT, SAILOR TURNING ¼ LEFT, HIP BUMPING HITCH, ROCK FORWARD

1-2 Turning ½ right step right foot forward, hitch left knee up

3 Twisting right heel slightly to right as you step left foot to left side

Styling: leaning weight onto left slightly, turning head to look left

4 Twist both heels slightly left

Styling: leaning weight onto right slightly, turning head to look right

5&6 Making ¼ turn left step left behind right, step right to right side, step left forward

7-8 Hitch right knee up bumping right hip to right side while knee is in the air. Rock forward onto right foot

FULL TURN BACK TO THE LEFT, COASTER BACK, STEP FORWARD, SLIDE & CLICK, LOCKING SHUFFLE FORWARD

1-2 Turn ½ left stepping forward onto left. Turn ½ left stepping back on right foot.

3&4 Step back on left, step right next to left, step forward onto right

5-6 Large step forward on right. Slide left up behind right clicking both fingers at shoulder height

7&8 Step forward on right, lock left foot behind right, step forward on right

ROCK FORWARD, FULL TURN BACK TO THE LEFT, ¼ TURN & SLIDE, TWIST WITH ELBOW DIGS

1-2 Rock forward onto left & recover back onto right

3-4 Turn ½ left stepping forward onto left. Turn ½ left stepping back on right foot

5-6 Turn a further ¼ left & step large step to left with left foot. Slide right foot in next to left

7-8 Twist both heels right (right arm across chest, forearm parallel to floor, as palm of left hand pushes right fist to the right) twist both heels to left (similarly push left elbow to left).

REPEAT