

Simply Loca

COPPER KNOB
STEPSHEETS

拍數: 24 牆數: 2 級數: Beginner
編舞者: Ronnie Fortt (UK)
音樂: Livin' la Vida Loca - Ricky Martin



MAMBO FORWARD MAMBO BACK

1&2 Rock forward onto right foot, rock back onto left, step back on right
3&4 Rock back on left foot, rock forward onto right, step forward onto left

PADDLE TURN AND TURN AND STEP

5&6&7& Touch right toe forward, pivot 1/8 turn left to the left repeat twice more
8 Step right foot in place finishing facing back

For styling: move arms at shoulder height and use lots of hip movement as you are turning

LEFT TOGETHER LEFT RIGHT LEFT

1-2-3&4 Step left foot to left, step right next to left, step left foot to left, step right next to left, step left to left, right together right left turn
5-6-7&8 Step right foot to right, step left next to right, step right foot to right, step left foot next to right, step right making a ¼ turn to the right

These 8 counts can be styled with Cuban Hips

MAMBO FORWARD MAMBO BACK, SHIMMY TO THE LEFT, TURN SLAP CLICK

1&2-3&4 Rock forward on to left foot, rock back onto right, step back on left, rock back onto right, rock forward onto left, step forward on right
5-6 Step to left on left foot, lean out and shimmy left
7&8 Making a ¼ turn left turn on left foot bring right foot to join left, bend and slap knees, lift arms and click fingers above head in Latin style lifting right foot slightly up behind (shout "Ole!")

REPEAT
