

Be Loco

拍數: 64 牆數: 4 級數: Improver east coast swing
編舞者: Sandy Gorez (BEL) & Martine Saelens (BEL)
音樂: Loco - David Lee Murphy



VINE ¼ TURN, PIVOT ½ TURN, ¼ TURN VINE LEFT

1-2-3-4 Vine right turning ¼ turn right on count 3, step left foot forward (facing 3:00)
5-6-7-8 Pivot ½ turn right (facing 9:00), vine left starting with ¼ turn right (facing 12:00)

HEELS FORWARD, STEP BACK, STRUTS

9-10-11-12 Step forward on right heel (stay on heel), step forward on left heel (stay on heel), step back on right, step back on left
13-14-15-16 Strut right foot forward, strut left foot forward

PIVOT ½ TURN, FORWARD SHUFFLE, JAZZ BOX ¼ TURN LEFT

17-18-19&20 Pivot ½ turn towards left, shuffle forward right, left, right
21-22-23-24 Cross left foot in front of right, step right foot back, step left foot out to side ¼ turn left, touch right foot next to left

MONTEREY TURNS

25-26-27-28 Touch right foot out to right, pivot ½ turn to right placing right foot beside left (transfer weight to right), touch left foot out to left, return left foot next to right (transfer weight to left)
29-30-31-32 Touch right foot out to right, pivot ½ turn to right placing right foot beside left (transfer weight to right), touch left foot out to left, return left foot next to right (transfer weight to left)

STRUTS, SHUFFLES FORWARD

33-34-35-36 Strut right foot forward, strut left foot forward
37&38-39&40 Shuffle forward right, left, right, shuffle forward left, right, left

PIVOT ½ TURN LEFT, WALKS, HEELS FORWARD, STEP BACK

41-42-43-44 Pivot ½ turn towards left, step forward right, left (or you can make a full turn left on counts 43 and 44)
45-46-47-48 Step forward on right heel (stay on heel), step forward on left heel (stay on heel), step back on right, step back on left

STRUT RIGHT, ROCK STEP AND BACK

49-50-51-52 Strut right foot to right, strut left foot in front of right
53-54-55-56 Rock right foot to right, transfer weight back on left foot, step right foot behind left, step left foot to left

SHUFFLE FORWARD, PIVOT ½ TURN, STEP FORWARD, ½ TURN, THREE STEP TURN ½

57&58-59-60 Shuffle forward right, left, right, pivot ½ turn towards right
61-62-63&64 Step forward on left, step ½ turn on right (traveling in same direction), three step turn left, right, left

REPEAT

RESTART

Restart the dance on count 52 (after the 2 struts to the right) of 2nd wall. You will then start the 3rd wall in the same direction as 1st wall.