

Loca

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Raymond Sarlemijn (NL) & Wil Bos (NL) - December 2010
音樂: Loca (feat. Dizzee Rascal) - Shakira



Kick and touch, swivels, ¼ turn right, swivels, ¼ turn right, swivels.

- 1 RF kick forward.
- & RF next LF.
- 2 LF touch forward
- & Swivel both ankles left.
- 3 Swivel both ankles back to middle.
- & Swivel both ankles left.
- 4 Swivel both ankles back to middle.
- & Swivel both ankles to left, while doing this turn ¼ right.
- 5 Point LF forward.
- & Swivel both ankles left.
- 6 Swivel both ankles back to middle.
- & Swivel both ankles to left, while doing this turn ¼ right.
- 7 Point LF forward.
- & Swivel both ankles left.
- 8 LF step forward, facing 18:00.

Rock step, ½ turn coaster step, cross chasse with 4/4 turn.

- 1 RF step right.
- 2 recover weight on left.
- 3 ½ turn over right, RF step backwards.
- & LF next to RF.
- 4 RF step forward.
- 5 ¼ turn left, LF step forward.
- & RF close back LF.
- 6 ¼ turn left, LF step forward.
- & RF close back LF.
- 7 ¼ turn left, LF step forward.
- & RF close back LF.
- 8 ¼ turn left, LF step forward, facing 12:00.

Pressure step with flamenco arms, rock step, ½ turn coaster step.

- 1 RF pressure forward.
- 2 RF next LF, weight on RF.
- 3 LF pressure forward.
- 4 LF next RF, weight on LF.
- 5 1 RF step right.
- 6 recover weight on left.
- 7 ½ turn over right, RF step backwards.
- & LF next to RF.
- 8 RF step forward, facing 18:00.

Cross chasse with 4/4 turn, mambo right, mambo left.

- 1 ¼ turn left, LF step forward.
- & RF close back LF.
- 2 ¼ turn left, LF step forward.

- & RF close back LF.
- 3 ¼ turn left, LF step forward.
- & RF close back LF.
- 4 ¼ turn left, LF step forward, facing 18:00.
- 5 RF step left.
- & Recover weight on LF.
- 6 RF close LF.
- 7 LF step left.
- & Recover weight on RF.
- 8 LF close RF.

Step forward ½ turn option hands in the air, step forward ½ turn option hands in the air, step right, step left, twice to right option with Egyptian arms.

- 1 RF step forward, option both arms in the air.
- 2 1/2 turn left, option both arms in the air.
- 3 RF step forward, option both arms in the air..
- 4 ½ turn left, option both arms in the air.
- 5 RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
- 6 LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
- 7 RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
- & LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
- 8 RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up, facing 18:00.

Step right, step left, twice to left, cross mambo's.

- 1 LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
- 2 RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
- 3 LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
- & RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
- 4 LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
- 5 RF crossed forward LF.
- & recover weight on LF.
- 6 RF step backwards.
- & Recover weight on LF.
- 7 RF crossed forward LF.
- & recover weight on LF.
- 8 RF step right, facing 18:00.

Cross mambo's, touch, ¼ turn touch, ¼ turn touch, ¼ turn touch.

- 1 LF crossed forward RF.
- & Recover weight on RF.
- 2 LF crossed forward RF.
- & Recover weight on RF.
- 3 LF crossed forward RF.
- & Recover weight on RF.
- 4 LF step left.
- 5 RF touch left.
- & ¼ turn left.
- 6 RF touch right.
- & ¼ turn left.
- 7 RF touch right.
- & ¼ turn left.
- 8 RF touch right, facing 21:00.

1/4 turn jazz box, 1/2 turn jazz box.

- 1 RF cross forward LF.
- 2 ¼ turn right, LF step backwards.
- 3 RF step right.
- 4 LF step forward.
- 5 RF step forward.
- 6 ¼ turn right, LF step backwards.
- 7 ¼ turn right , RF step right.
- 8 LF step forward.

Start again have fun,
