

# Loca

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Jaycee Quiambao - January 2012  
音樂: Loca (feat. Dizzee Rascal) - Shakira : (CD: Sale el Sol)



Intro: Start on lyrics

## BOTA FOGOS, VOLTA STEPS, BOTA FOGO

1a2            Cross R over L, step ball of L to side, step R in place  
3a4            Cross L over R, step ball of R to side, step L in place  
5a6a          Cross R over L, step L to side, cross R over L, step L to side  
7a8            Cross R over L, step ball of L to side, step R in place

## BOTA FOGOS, VOLTA STEPS

1a2            Cross L over R, step ball of R to side, step L in place  
3a4            Cross R over L, step ball of L to side, step R in place  
5a6a          Cross L over R, step R to side, cross L over R, step R to side  
7a8            Cross L over R, step R to side, cross L over R

## SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

&1-2          Hold, rock R to side, recover to L  
3&4            Cross R behind L, step L to side, cross R over L  
&5-6          Hold, rock L to side, recover to R  
7&8            Cross L behind R, step R to side, cross L over R

## ROCK TURNS WITH HIP ROLLS

1-2            Rock R to side, recover to L  
3-4            Turn 1/4 left and rock R to side, recover to L  
5-8            Repeat 3-4 twice

## BACK ROCK, LOCK SHUFFLE, FORWARD ROCK

&1-2          Hold, rock R back (body turned diagonally right), hold  
3-4            Recover to L, hold (square up front)  
5&6            Lock shuffle forward on R,L,R  
7-8            Rock L forward, recover to R

## LOCK SHUFFLE, BACK ROCK, MODIFIED POINT SWITCHES

1&2            Lock shuffle back on L,R,L  
&3-4          Hold, rock R back (body turned diagonally right), recover to L  
5&6&          Touch R toe behind L, step R back, touch L toe forward, step L back  
7&8            Touch R toe behind L, step R back, touch L toe forward

## TURN, SIDE SWAYS, MAMBO STEPS

1-2            Turn 1/4 right and rock L to side (hips), recover to R (hips)  
3-4            Rock L to side (hips), recover to R (hips)  
5&6            Rock L forward, recover to R, step L back  
7&8            Rock R back, recover to L, step R forward

## MAMBO STEPS, POINT SWITCHES

1&2            Rock L to side, recover to R, step L together  
3&4            Rock R to side, recover to L, step R together  
5&6&          Touch L to side, step L together, touch R to side, step R together

7-8 Touch L toe to side and pump L heel twice (weight to L)

**POINT SWITCHES**

1&2& Touch R to side, step R together, touch L to side, step L together

3-4 Touch R toe to side and pump R heel twice (weight to L)

**REPEAT**

**Note:** For arm styling see video.

**Written by Roly Ansano**

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