

# Loca

拍數: 64      牆數: 4      級數: Phrased Intermediate - WCS  
編舞者: Maryloo (FR) - November 2010  
音樂: Loca (feat. El Cata) - Shakira : (Album: Loca)



Sequence : A-B-A-A-B-A-B-B-A

## PART A – 32 counts

### LINDY RIGHT, LINDY LEFT

1&2      Side shuffle : right, left, right  
3-4      Rock left back, recover on right  
5&6      Side Shuffle : left, right, left  
7-8      Rock right back, recover on left

### WIGGLE STEPS

1&2      Step right forward bumping hips ( right left right )  
3&4      Step left forward bumping hips (left right left)  
5&6      Step right forward bumping hips ( right left right )  
7&8      Step left forward bumping hips (left right left)

### CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ¼ TURN LEFT

1-2      Cross/rock right over left, recover on left  
3&4      Shuffle to right ( right, left, right)  
5-6      Cross/rock left over right, recover on right  
7&8      Step left behind right, make ¼ turn left and step right to side, step left forward

### CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ½ TURN LEFT

1-2      Cross/rock right over left, recover on left  
3&4      Shuffle to right ( right, left, right)  
5-6      Cross/rock left over right, recover on right  
7&8      Step left behind right with ¼ turn left, step right to side with ¼ turn left, step left forward

## PART B – 32 counts

### SHUFFLE FORWARD, ROCK STEP, TRIPLE ½ TURN LEFT TRAVELING FORWARD, TRIPLE ½ TURN LEFT TRAVELLING BACKWARD

1&2      Shuffle forward ( right, left, right)  
3-4      Rock left forward, recover on right  
5&6      Turn ½ left and step left forward, step right together, step left forward  
7&8      Turn ½ left and step right back, step left together, step right back

### ROCK BACK , SAMBA STEP LEFT, SAMBA STEP RIGHT, SAMBA ¼ TURN RIGHT

1-2      Rock left back, recover on right  
3&4      Step left to side, step right slightly behind left, cross left over right  
5&6      Step right to side, step left slightly behind right, cross right over left  
7&8      Step left forward, make ¼ turn right and step right slightly behind left, cross left over right

### SIDE ROCK, CROSS SHUFFLE, SIDE ROCK WITH ¼ TURN RIGHT, STEP FORWARD

1-2      Rock right to side, recover on left  
3&4&5&6&      Cross right over left, step left to side, cross right over left, step left to side, cross right over left, step left to side , cross right over left  
7&8      Rock left to side, make a ¼ turn right and recover on right, step left forward

### KNEE POPS TRAVELLING BACKWARD, COASTER STEP, PIVOT ½ TURN LEFT

1& Touch right toe in front on left foot( knee “ in”), step right slightly backward,  
2& Touch left toe in front on right foot ( knee” in”), step left slightly backward,  
3& Touch right toe in front on left foot( knee” in”), step right slightly backward,  
4 Touch left toe in front on right foot ( knee “in”)  
5&6 Step left back, step right together, step left forward  
7-8 Step right forward, pivot ½ turn left ( weight on left)

**ENDING :**

1&2&3&4 Make a ¼ turn left with 3 small ”paddle turn” on “ loca loca”

**Have Fun !**

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