

La Bicicleta

COPPER **NOB**
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rina Kartika Nst (INA) - May 2025

Musik: La Bicicleta - Carlos Vives & Shakira



Intro : 16 count, start on lyric

#4 Restarts: after walls 2,4,6,10 (16 count)

Section 1: [1-8] CROSS , SIDE ROCK , BOTA FOGO, VOLTA TURN 1/2 LEFT

- 1&2& step R cross over L, recover, step rock R to side right, recover on L
- 3&4 step R cross over L, ball of L, step R in place
- 5 a6 turn left 1/4 L crossing over R, step on ball R slightly behind L, turn 1/4 left crossing over R
- 7 a8 turn left 1/4 L crossing over R, step on ball R slightly behind L, turn 1/4 left crossing over R

Section 2 :[1-8] BOTA FOGO, BOTA FOGO TURN 1/4 LEFT, FWD MAMBO, SIDE MAMBO

- 1&2 cross R over L, ball of L , step R in place
- 3&4 cross L over R, ball of R turn 1/4 left , step L in place
- 5&6 step R fwd, recover on L, step R close
- 7&8 step L to left side , recover on R, step L close

Section 3 : [1- 8] STEP LOCK STEP DIAGONAL RIGHT & LEFT, MAMBO FWD & BACK TURN 1/4 , MAMBO BACK & FWD TURN 1/4 LEFT

- 1&2 step R diagonal right, step L cross behind R, step R fwd diagonal right
- 3&4 step L diagonal left, step R cross behind L, step L fwd diagonal left
- 5&6 step R fwd, recover on L, step R back turn 1/4 left
- 7&8 step L back, recover on R, step L fwd turn 1/4 left, step L fwd

Section 4 : [1-8] SAMBA BASIC RIGHT & LEFT , PADLE TURN 1/2 LEFT

- 1 a2 step R to side, step ball of L, recover on R
- 3 a4 step L to side, step ball of R, recover on L.
- 5 6 Touch R toe to side 1/4 (2 x)
- 7 8 Touch R toe.to side 1/4 (2 x)

Thanks for trying the Dance

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