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| --- | --- |
| La Bicicleta |  |

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| **Count:** | 48 | **Wall:** | 4 | **Level:** | Improver Salsa style | . |
| **Choreographer:** | Marc Mitchell (CAN) - December 2019 |
| **Music:** | La Bicicleta - Carlos Vives & Shakira |
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**Intro: 16 counts - Direction: CCW**

**LEFT FORWARD MAMBO, RIGHT BACK MAMBO, LEFT SIDE MAMBO, RIGHT SIDE MAMBO**

|  |  |
| --- | --- |
| 1&2 | Step left forward, recover right, step left together |

|  |  |
| --- | --- |
| 3&4 | Step right back, recover left, step right together |

|  |  |
| --- | --- |
| 5&6 | Step left to side, recover right, step left together |

|  |  |
| --- | --- |
| 7&8 | Step right to side, recover left, step right together |

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**PADDLE RIGHT 1/4 TURN X 2, LEFT FORWARD SYNCOPATED LOCK STEP, RECOVER**

|  |  |
| --- | --- |
| 1-2 | Step left forward, pivot 1/4 turn right, weight on right |

|  |  |
| --- | --- |
| 3-4 | Step left forward, pivot 1/4 turn right, weight on right |

|  |  |
| --- | --- |
| 5&6& | Step left forward diagonal, lock right behind, step left forward diagonal, lock right behind |

|  |  |
| --- | --- |
| 7&8& | Step left forward diagonal, lock right behind, step left forward diagonal, recover on right |

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**LEFT BEHIND, SIDE, CROSS, SWIVEL 1/2 TURN RIGHT-LEFT, FORWARD SYNCOPATED LOCK STEP**

|  |  |
| --- | --- |
| 1&2 | Step left behind right, step right to side, cross left over right |

|  |  |
| --- | --- |
| 3-4 | Swivel by lifting heels 1/2 turn right, swivel 1/2 turn left |

|  |  |
| --- | --- |
| 5&6& | Step right forward diagonal, lock left behind, step right forward diagonal, lock left behind |

|  |  |
| --- | --- |
| 7&8 | Step right forward diagonal, lock left behind, step right forward diagonal |

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**NIGHT CLUB LEFT & RIGHT, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2& | Step left to side, step right behind, recover left |

|  |  |
| --- | --- |
| 3-4& | Step right to side, step left behind, recover right |

|  |  |
| --- | --- |
| 5-6 | Step left forward, step right side 1/4 turn to right |

|  |  |
| --- | --- |
| 7&8 | Cross left over right, step right side, cross left over right |

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|   |

**RIGHT SIDE MAMBO, LEFT SIDE MAMBO, ROCK, RECOVER, 1/2 TURN SHUFFLE**

|  |  |
| --- | --- |
| 1&2 | Step right to side, recover left, step right together |

|  |  |
| --- | --- |
| 3&4 | Step left to side, recover right, step left together |

|  |  |
| --- | --- |
| 5-6 | Step right forward, recover left |

|  |  |
| --- | --- |
| 7&8 | Step right forward 1/2 turn right, step left together, step right forward |

**LEFT SIDE MAMBO, RIGHT SIDE MAMBO, ROCK RECOVER 1/2 TURN, RIGHT FORWARD LOCK STEP**

|  |  |
| --- | --- |
| 1&2 | Step left to side, recover right, step left together |

|  |  |
| --- | --- |
| 3&4 | Step right to side, recover left, step right together |

|  |  |
| --- | --- |
| 5&6 | Step left forward, recover right, step left forward 1/2 turn left |

|  |  |
| --- | --- |
| 7&8 | Step right forward diagonal, lock left behind, step right forward diagonal |

**RESTART: After 16 counts of wall 6 (9.00)**

**\*ENDING: After 16 counts of wall 9 (9.00). After 12 counts, syncopate the lock step while turning 1/2 turn right for a perfect finish.**

**\*WALL SEQUENCE: 12,9,6,3,12,9,3,12,9**

**www.dancewithmarc.com - marc@dancewithmarc.com**