

# Loca

**Count:** 64

**Wall:** 4

**Level:** Phrased Intermediate - WCS

**Choreographer:** Maryloo (FR) - November 2010

**Music:** 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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