

# Loca

拍数: 80      墙数: 1  
编舞者: Roly Ansano (USA) - March 2019  
音乐: Loca - Álvaro Soler

级数: Phrased High Beginner



Seq: ABBCC-Tag-DD-ABBCC-Tag-D-A-Tag-CCD

## Sec A (32): VERSE

- 1-4            Shuffle forward RLR, LRL
- 5-8            Step R back, touch L together, step L back, touch R together
  
- 9-16           Turn 1/4 left and repeat steps 1-8
  
- 17-24          Turn 1/4 left and repeat steps 1-8
  
- 25-32          Turn 1/4 left and repeat steps 1-8

## Sec B (16): PRE-CHORUS (Y ven trepa la cama...)

- 1-2            Square up to front wall and cross R toe over, touch R side
- 3&4            Sailor shuffle RLR
- 5-6            Cross L toe over, touch L side
- 7&8            Sailor shuffle LRL
  
- 9-12           Rock R side, recover, step R together, hold
- 13-16          Rock L side, recover, step L together, hold

## Sec C (16): CHORUS (Loca, loca, loca...)

- 1-4            Tap R heel forward twice, tap R toe back twice
- 5-6            Touch R forward, touch R back
- 7-10           Shuffle forward RLR, LRL
- 11-12          Step R back and turn 1/2 right, step L forward and turn 1/2 right
- 13-14          Step R back, step L together
- 15&16&        Point R side, step R together, point L side, step L together

## Sec D (16): INSTRUMENTAL

- 1-2            Step R forward, sweep and touch L in front of R
- 3-4            Step L back, sweep and touch R behind L
- 5-8            Repeat steps 1-4
  
- 9-10           Step R forward, sweep and touch L in front of R
- 11-12          Step L back, hook R toe over R
- 13-16          Pump R heel to right (4X)

## TAG (4):

- 1-4            Cross arms chest level, spread arms out to sides, sweep arms up overhead, drop arms.

**Note: For styling, watch the dance demo.**