Loca Contigo

拍数: 32 **墙数:** 2 **级数:** Intermediate

编舞者: Nathan Gardiner (SCO) - April 2019

音乐: Wild (feat. Chelcee Grimes, TINI & Jhay Cortez) - Jonas Blue

Intro: 16 counts start dance on vocals

Side Rock, Sailor Step, Behind Side Cross, Side R, Sailor ¼ L with Knee Pop

1-2	Rock out to R side, Recover on L
3&4	Step R behind L, Step L to L side, Step R to R side
&5-6	Step L behind R, Step R to R side, Cross L over R
7	Step R to R side
8&1	Step L behind R, ¼ L stepping R next to L, Step forward on L popping R knee forward

Step Forward, L Lock Step, Rock Forward, Recover, 1 ½ R

2	Step forward on R
3&4	Step forward on L, Lock R behind L, Step forward on L
5-6	Rock forward on R, Recover on L
7&8	½ R stepping forward on R, ½ R stepping back on L, ½ R stepping forward on R

Easier Option Counts 7&8: Shuffle ½ R

Rock Forward, Recover with Sweep, Step Back with Sweep, Behind, Side L, Sway R, L, R, L

1-2	Rock forward on L, Recover on R sweeping L from front to back
3-4&	Step back on L sweeping R from front to back, Step R slightly behind L, Step L to L side
5-6	Step R to R side swaying hips to R side, Sway hips to L side
7-8	Sway hips to R side, Sway hips to L side

Option Counts 5-8: Roll hips Anti-clockwise

Together, Side Rock, Recover, Together, Step Heel Twist, Rock Forward, Recover, Shuffle ¾ L

&1-2	Step R next to L, Rock out to L side, Recover on R
&3&4	Step L next to R, Step forward on R, Twist both heels R, Twist both heels to centre
5-6	Rock forward on L, Recover on R
7&8	Shuffle ¾ L stepping L, R, L

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