

# Poco Loco

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2022  
音乐: Suave - Alvaro Estrella



Start after 16 count intro – approx. 9secs – 103bpm – 2mins 55secs

Music Available: Amazon

**[1-8] R cross rock/recover, R chassé, L cross rock/recover, ¼ L, L fwd shuffle**

1-2                      Cross rock R over L, recover weight on L  
3&4                      Step R side, step L together, step R side  
5-6                      Cross rock L over R, recover weight on R  
7&8                      Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

**WALL 3 RESTART: Dance first 6 counts then replace counts 7&8 with the following L chassé**

7&8                      Step L side, step R together, step L side then begin the dance again facing front wall

**[9-16] R fwd, L touch together, L back, touch R heel fwd, R back, L fwd, R fwd bump hips R/L/R, L fwd mambo**

1-2                      Step R forward, touch L together  
&3&4                      Step L back, touch R heel forward, step R back, step L forward  
5&6                      Step R forward bump R hip forward, bump L hip back, bump R hip forward (weight ends on R)  
7&8                      Rock L forward, recover weight on R, step L back

**[17-24] Walk back R/L, R sailor, L cross rock/R recover/L side, R cross shuffle**

1-2                      Step R back, step L back  
3&4                      Cross step R behind L, step L side, step R side  
5&6                      Cross rock L over R, recover weight on R, step L side  
7&8                      Cross step R over L, step L side, cross step R over L

**[25-32] L side rock/recover, ¼ L toaster step, R/L side switches, R fwd, L fwd**

1-2                      Rock L side, recover weight on R  
3&4                      Turning ¼ left step L back, step R together, step L forward (6 o'clock)  
5&6&                      Touch R side, step R together, touch L side, step L together  
7-8                      Step R forward, step L forward

**[33-40] R back, touch L heel fwd, hold, L back, R touch together, R side, L touch together, L back, touch R heel fwd, hold, R back, L touch together, L side, R touch together**

&1-2                      Step R slightly back, touch L heel forward, hold

**BIG FINISH: Keep left heel forward to strike a pose!**

&3&4                      Step L back, touch R together, step R side, touch L together  
&5-6                      Step L slightly back, touch R heel forward, hold  
&7&8                      Step R back, touch L together, step L side, touch R together

**[41-48] R ball cross, R side, ¼ L toaster step, ¼ L with R/L hip bumps, ½ L with R/L hip bumps**

&1-2                      Step R back, cross step L over R, step R side  
3&4                      Turning ¼ left step L back, step R together, step L forward (3 o'clock)  
5-6                      Turning ¼ left bump R hip side (12 o'clock), bump L hip left side  
7-8                      Turning ½ left bump R hip side (6 o'clock), bump L hip (weight ends on L)

Last Update - 5 Apr. 2022

