La Bicicleta

拍数: 32 **墙数:** 4 **级数:** Improver

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音乐: La Bicicleta - Carlos Vives & Shakira

Intro : 16 count, start on lyric
#4 Restarts: after walls 2,4,6,10 (16 count)

Section 1: [1-8] CROSS , SIDE ROCK , BOTA FOGO, VOLTA TURN 1/2 LEFT

1&2&	step R cross over L, recover, step rock R to side right, recover on L
3&4	step R cross over L, ball of L, step R in place
5 a6	turn left 1/4 L crossing over R, step on ball R slightly behind L, turn 1/4 left crossing over R
7 a8	turn left 1/4 L crossing over R, step on ball R slightly behind L, turn 1/4 left crossing over R

Section 2 :[1-8] BOTA FOGO, BOTA FOGO TURN 1/4 LEFT, FWD MAMBO, SIDE MAMBO

1&2	cross R over L, ball of L , step R in place
3&4	cross L over R, ball of R turn 1/4 left , step L in place
5&6	step R fwd, recover on L, step R close
7&8	step L to left side , recover on R, step L close

Section 3 : [1- 8] STEP LOCK STEP DIAGONAL RIGHT & LEFT, MAMBO FWD & BACK TURN 1/4 , MAMBO BACK & FWD TURN 1/4 LEFT

1&2	step R diagonal right, step L cross behind R, step R fwd diagonal right
3&4	step L diagonal left, step R cross behind L, step L fwd diagonal left
5&6	step R fwd, recover on L, step R back turn 1/4 left
7&8	step L back, recover on R, step L fwd turn 1/4 left, step L fwd

Section 4 : [1-8] SAMBA BASIC RIGHT & LEFT , PADLE TURN 1/2 LEFT

1 a2	step R to side, step ball of L, recover on R
3 a4	step L to side, step ball of R, recover on L.
5 6	Touch R toe to side 1/4 (2 x)
7 8	Touch R toe.to side 1/4 (2 x)

Thanks for trying the Dance
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