Loca

拍數: 64   **牆數:** 2   **級數:** Intermediate

編舞者: Raymond Sarlemijn (NL) & Wil Bos (NL) - December 2010

音樂: Loca (feat. Dizzee Rascal) - Shakira

Kick and touch, swivels, ¼ turn right, swivels, ¼ turn right, swivels.

1	RF kick forward.
&	RF next LF.
2	LF touch forward
&	Swivel both ankles left.
3	Swivel both ankles back to middle.
&	Swivel both ankles left.
4	Swivel both ankles back to middle.
&	Swivel both ankles to left, while doing this turn ¼ right.
5	Point LF forward.
&	Swivel both ankles left.
6	Swivel both ankles back to middle.
&	Swivel both ankles to left, while doing this turn ¼ right.
7	Point LF forward.
&	Swivel both ankles left.
8	LF step forward, facing 18:00.

Rock step, ½ turn coaster step, cross chasse with 4/4 turn.

1	RF step right.
2	recover weight on left.
3	½ turn over right, RF step backwards.
&	LF next to RF.
4	RF step forward.
5	¼ turn left, LF step forward.
&	RF close back LF.
6	¼ turn left, LF step forward.
&	RF close back LF.
7	¼ turn left, LF step forward.
&	RF close back LF.
8	¼ turn left, LF step forward, facing 12:00.

Pressure step with flamenco arms, rock step, ½ turn coaster step.

1	RF pressure forward.
2	RF next LF, weight on RF.
3	LF pressure forward.
4	LF next RF, weight on LF.
5	1 RF step right.
6	recover weight on left.
7	½ turn over right, RF step backwards.
&	LF next to RF.
8	RF step forward, facing 18:00.

Cross chasse with 4/4 turn, mambo right, mambo left.

1	¼ turn left, LF step forward.
&	RF close back LF.
2	¼ turn left, LF step forward.

&	RF close back LF.
3	¼ turn left, LF step forward.
&	RF close back LF.
4	¼ turn left, LF step forward, facing 18:00.
5	RF step left.
&	Recover weight on LF.
6	RF close LF.
7	LF step left.
&	Recover weight on RF.
8	LF close RF.

Step forward ½ turn option hands in the air, step forward ½ turn option hands in the air, step right, step left, twice to right option with Egyptian arms.

1	RF step forward, option both arms in the air.
2	1/2 turn left, option both arms in the air.
3	RF step forward, option both arms in the air..
4	½ turn left, option both arms in the air.
5	RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
6	LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
7	RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
&	LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
8	RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up, facing 18:00.

Step right, step left, twice to left, cross mambo's.

1	LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
2	RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
3	LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
&	RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.
4	LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.
5	RF crossed forward LF.
&	recover weight on LF.
6	RF step backwards.
&	Recover weight on LF.
7	RF crossed forward LF.
&	recover weight on LF.
8	RF step right, facing 18:00.

Cross mambo's, touch, ¼ turn touch, ¼ turn touch, ¼ turn touch.

1	LF crossed forward RF.
&	Recover weight on RF.
2	LF crossed forward RF.
&	Recover weight on RF.
3	LF crossed forward RF.
&	Recover weight on RF.
4	LF step left.
5	RF touch left.
&	¼ turn left.
6	RF touch right.
&	¼ turn left.
7	RF touch right.
&	¼ turn left.
8	RF touch right, facing 21:00.

1/4 turn jazz box, 1/2 turn jazz box.

1	RF cross forward LF.
2	¼ turn right, LF step backwards.
3	RF step right.
4	LF step forward.
5	RF step forward.
6	¼ turn right, LF step backwards.
7	¼ turn right , RF step right.
8	LF step forward.

Start again have fun,