

La Bicicleta

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Count: 96

Wall: 1

Level: Phrased Low Intermediate

Choreographer: Partyfor2 - Olga Tormo & Elisabet Castejón (August 2016)

Music: La Bicicleta by Carlos Vives feat Shakira (2016)

Part A:32 - Part B:16 - Part C:32 - Part D:16

Sequence: A-B-C-D-A-B-C-C-D-D-B-C-D-D

Intro: 16 counts

Part A - 32 counts

A1: SYNCOPATED ROCKIN' CHAIR(R), SIDE MAMBO(R), CHA CHA FWD(L-R)

- 1&2&** Rock right forward, recover to left, rock right back, recover to left
- 3&4** Rock right side, recover to left, step right together
- 5&6** Step left forward, step right together, step left forward
- 7&8** Step right forward, step left together, step right forward

A2: SYNCOPATED ROCKIN' CHAIR(L), SIDE MAMBO(L), CHA CHA BACK(R-L)

- 9&10&** Rock left forward, recover to right, rock left back, recover to right
- 11&12** Rock left side, recover to right, step left together
- 13&14** Step right back, step left together, step right back
- 15&16** Step left back, step right together, step left back

A3: 1/4 LEFT TURN SWAYS(R&L) x 2, JAZZBOX(R)

- 17-18** Turn $\frac{1}{4}$ left and sway to right, sway to left (09:00)
- 19-20** Turn $\frac{1}{4}$ left and sway to right, sway to left (06:00)
- 21-22** Cross right over left, step left back
- 23-24** Step right to right side, step left together

A4: 1/4 RIGHT TURN SWAYS(L&R) X 2, JAZZBOX(L)

[25 to 32] -(Repeat 17 to 24 with opposite footwork and direction)

Part B - 16 counts

B1: LUNGE FWD X2 (R-L), SYNCOPATED ROCKIN' CHAIR TURNING 1/4 LEFT, ¼ TURN LEFT & FWD MAMBO(R)

- 1&2** Lunge right forward, recover to left, step right together
- 3&4** Lunge left forward, recover to right, step left together
- 5&6&** Turn ¼ left and rock right forward, recover to left, rock right back, recover to left (09:00)
- 7&8** Turn ¼ left and rock right forward, recover to left, step right together (06:00)

B2: LUNGE FWD X2 (R-L), SYNCOPATED ROCKIN' CHAIR TURNING 1/4 LEFT, ¼ TURN LEFT & FWD MAMBO(R)

(9 to 16) - (Repeat 1 to 8 with opposite footwork and direction) (09:00) (12:00)

Part C - 32 counts

C1: SIDE BASIC X2 (R-L), DIAGONAL BASIC X2 (R-R) SIDE BASIC X2 (L-R), DIAGONAL BASIC X2 (L-L)

- 1&2&** Step right to right, touch left together, step left to left, touch right together
- 3&4&** Step right diagonally forward, step left together, step right diagonally forward, touch left together
- 5&6&** Step left to left, touch right together, step right to right, touch left together
- 7&8&** Step left diagonally forward, step right together, step left diagonally forward, touch right together

C2: SYNCOPATED DIAGONAL OUT-OUT, 1/4 TURN LEFT IN-IN, SYNCOPATED LEAPS FWD

- 9&10&** Step right diagonally forward, step left diagonally forward, turn ¼ left and step right back, step left together (09:00)
- 11&12&** Step right diagonally forward, step left diagonally forward, turn ¼ left and step right back, step left together (06:00)
- 13&14&** Leap right forward, leap left forward, leap right forward, leap left forward
- 15&16&** Leap right forward, leap left forward, leap right forward, leap left forward

C3-C4: SYNCOPATED DIAGONAL OUT-OUT, 1/4 TURN LEFT IN-IN, SYNCOPATED LEAPS FWD

[17 to 32] - Repeat 9 to 16 (12:00)

Part D - 16 counts

D1: FULL LEFT TURN FWD STEPS (Turn to left while walking forward a full circle)

- 1-2** Step right forward, step left forward
- 3&4** Step right forward, step left forward, step right forward(06:00)
- 5-6** Step left forward, step right forward
- 7&8** Step left forward, step right forward, step left forward(12:00)

D2: SIDE CHA CHA(R), 1/2 TURN RIGHT & SIDE CHA CHA(L)

- 9&10** Step right to right, step left together, step right to right side
- 11&12** Turn ½ to right and step left to left side, step right together, step left to left side(06:00)
- 13&14** Step right to right, step left together, step right to right side
- 15&16** Turn ½ to right and step left to left side, step right together, step left to left side(12:00)

(*If you want to add arms style to the footwork, you can watch the teaching and demo video made by Partyfor2.)

REPEAT

Contact: partyfortwo@hotmail.es

Last Update - 30th Oct 2016