

# La Bicicleta

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**Count:** 48      **Wall:** 4      **Level:** Improver Salsa style

**Choreographer:** Marc Mitchell – December 2019

**Music:** La Bicicleta by Carlos Vives & Shakira

## **Intro: 16 counts - Direction: CCW**

### **LEFT FORWARD MAMBO, RIGHT BACK MAMBO, LEFT SIDE MAMBO, RIGHT SIDE MAMBO**

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

### **PADDLE RIGHT 1/4 TURN X 2, LEFT FORWARD SYNCOPATED LOCK STEP, RECOVER**

- 1-2**      Step left forward, pivot 1/4 turn right, weight on right
- 3-4**      Step left forward, pivot 1/4 turn right, weight on right
- 5&6&**      Step left forward diagonal, lock right behind, step left forward diagonal, lock right behind
- 7&8&**      Step left forward diagonal, lock right behind, step left forward diagonal, recover on right

### **LEFT BEHIND, SIDE, CROSS, SWIVEL 1/2 TURN RIGHT-LEFT, FORWARD SYNCOPATED LOCK STEP**

- 1&2**      Step left behind right, step right to side, cross left over right
- 3-4**      Swivel by lifting heels 1/2 turn right, swivel 1/2 turn left
- 5&6&**      Step right forward diagonal, lock left behind, step right forward diagonal, lock left behind
- 7&8**      Step right forward diagonal, lock left behind, step right forward diagonal

### **NIGHT CLUB LEFT & RIGHT, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE**

- 1-2&**      Step left to side, step right behind, recover left
- 3-4&**      Step right to side, step left behind, recover right

- 5-6 Step left forward, step right side 1/4 turn to right  
7&8 Cross left over right, step right side, cross left over right

### **RIGHT SIDE MAMBO, LEFT SIDE MAMBO, ROCK, RECOVER, 1/2 TURN SHUFFLE**

- 1&2 Step right to side, recover left, step right together  
3&4 Step left to side, recover right, step left together  
5-6 Step right forward, recover left  
7&8 Step right forward 1/2 turn right, step left together, step right forward

### **LEFT SIDE MAMBO, RIGHT SIDE MAMBO, ROCK RECOVER 1/2 TURN, RIGHT FORWARD LOCK STEP**

- 1&2 Step left to side, recover right, step left together  
3&4 Step right to side, recover left, step right together  
5&6 Step left forward, recover right, step left forward 1/2 turn left  
7&8 Step right forward diagonal, lock left behind, step right forward diagonal

**RESTART: After 16 counts of wall 6 (9.00)**

**\*ENDING: After 16 counts of wall 9 (9.00). After 12 counts, syncopate the lock step while turning 1/2 turn right for a perfect finish.**

**\*WALL SEQUENCE: 12,9,6,3,12,9,3,12,9**

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