

# Loca

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**Count:** 68      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Jaycee Quiambao

**Music:** Loca by Shakira (feat. Dizzee Rascal) [CD: Sale el Sol]

## Intro: Start on lyrics

### BOTA FOGOS, VOLTA STEPS, BOTA FOGO

**1a2**Cross R over L, step ball of L to side, step R in place

**3a4**Cross L over R, step ball of R to side, step L in place

**5a6a**Cross R over L, step L to side, cross R over L, step L to side

**7a8**Cross R over L, step ball of L to side, step R in place

### BOTA FOGOS, VOLTA STEPS

**1a2**Cross L over R, step ball of R to side, step L in place

**3a4**Cross R over L, step ball of L to side, step R in place

**5a6a**Cross L over R, step R to side, cross L over R, step R to side

**7a8**Cross L over R, step R to side, cross L over R

### SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

**&1-2** Hold, rock R to side, recover to L

**3&4** Cross R behind L, step L to side, cross R over L

**&5-6** Hold, rock L to side, recover to R

**7&8** Cross L behind R, step R to side, cross L over R

### ROCK TURNS WITH HIP ROLLS

**1-2** Rock R to side, recover to L

**3-4** Turn 1/4 left and rock R to side, recover to L

**5-8** Repeat 3-4 twice

### BACK ROCK, LOCK SHUFFLE, FORWARD ROCK

- &1-2** Hold, rock R back (body turned diagonally right), hold
- 3-4** Recover to L, hold (square up front)
- 5&6** Lock shuffle forward on R,L,R
- 7-8** Rock L forward, recover to R

### **LOCK SHUFFLE, BACK ROCK, MODIFIED POINT SWITCHES**

- 1&2** Lock shuffle back on L,R,L
- &3-4** Hold, rock R back (body turned diagonally right), recover to L
- 5&6&** Touch R toe behind L, step R back, touch L toe forward, step L back
- 7&8** Touch R toe behind L, step R back, touch L toe forward

### **TURN, SIDE SWAYS, MAMBO STEPS**

- 1-2** Turn 1/4 right and rock L to side (hips), recover to R (hips)
- 3-4** Rock L to side (hips), recover to R (hips)
- 5&6** Rock L forward, recover to R, step L back
- 7&8** Rock R back, recover to L, step R forward

### **MAMBO STEPS, POINT SWITCHES**

- 1&2** Rock L to side, recover to R, step L together
- 3&4** Rock R to side, recover to L, step R together
- 5&6&** Touch L to side, step L together, touch R to side, step R together
- 7-8** Touch L toe to side and pump L heel twice (weight to L)

### **POINT SWITCHES**

- 1&2&** Touch R to side, step R together, touch L to side, step L together
- 3-4** Touch R toe to side and pump R heel twice (weight to L)

### **REPEAT**

**Note: For arm styling see video.**

**Written by Roly Ansano**