

Loca

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Raymond Sarlemijn , Wil Bos , Jose Bellevoque Vane

Music: Shakira - Loca (feat. Dizzee Rascal)

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

1RF kick forward.

&RF next LF.

2LF 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.

8LF step forward, facing 18:00.

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

1RF step right.

2recover weight on left.

3½ turn over right, RF step backwards.

&LF next to RF.

4RF step forward.

5¼ turn left, LF step forward.

&RF close back LF.

6¼ turn left, LF step forward.

&RF close back LF.

7¼ turn left, LF step forward.

&RF close back LF.

8¼ turn left, LF step forward, facing 12:00.

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

1RF pressure forward.

2RF next LF, weight on RF.

3LF pressure forward.

4LF next RF, weight on LF.

51 RF step right.

6recover weight on left.

7½ turn over right, RF step backwards.

&LF next to RF.

8RF step forward, facing 18:00.

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

1¼ turn left, LF step forward.

&RF close back LF.

2¼ turn left, LF step forward.

&RF close back LF.

3¼ turn left, LF step forward.

&RF close back LF.

4¼ turn left, LF step forward, facing 18:00.

5RF step left.

& Recover weight on LF.

6RF close LF.

7LF step left.

& Recover weight on RF.

8LF 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.

1RF step forward, option both arms in the air.

21/2 turn left, option both arms in the air.

3RF step forward, option both arms in the air..

4½ turn left, option both arms in the air.

5RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.

6LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.

7RF 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.

8RF 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.

1LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.

2RF step right, option right hand palm up like a Egyptian, left arm down but hand palm up.

3LF 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.

4LF step left, option left hand palm up like a Egyptian, Right arm down but hand palm up.

5RF crossed forward LF.

&recover weight on LF.

6RF step backwards.

& Recover weight on LF.

7RF crossed forward LF.

&recover weight on LF.

8RF step right, facing 18:00.

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

1LF crossed forward RF.

& Recover weight on RF.

2LF crossed forward RF.

& Recover weight on RF.

3LF crossed forward RF.

& Recover weight on RF.

4LF step left.

5RF touch left.

&¼ turn left.

6RF touch right.

&¼ turn left.

7RF touch right.

&¼ turn left.

8RF touch right, facing 21:00.

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

1RF cross forward LF.

2¼ turn right, LF step backwards.

3RF step right.

4LF step forward.

5RF step forward.

6¼ turn right, LF step backwards.

7¼ turn right , RF step right.

8LF step forward.

Start again have fun,