

La Bicicleta

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

Choreographer: Magali CHABRET - November, 2016

Music: La Bicicleta (Carlos Vives & Shakira) - [Single : La Bicicleta - May, 2016] 90 bpm

#16 counts intro

S1 : CROSS, SIDE ROCK, CROSS, SIDE ROCK, CROSS, SIDE ROCK, CROSS, AND CROSS

1-2& Cross R over L - rock L to L side - recover onto R

3-4& Cross L over R - rock R to R side - recover onto L

5-6& Cross R over L - rock L to L side - recover onto R

7&8 Cross L over R - step R to R side - cross L over R

S2 : ¼ TURN L STEP SIDE, L & R TOGETHER, SIDE, R & L TOGETHER, R WIZARD, LEFT DIAGONALLY LOCK STEP

1-2&1/4 turn L stepping R to R side - step L next to R - step R in place (9:00)

3-4& Step L to L side - step R next to L - step L in place

5-6& Step R diagonally forward - lock L behind R - step R to R side

7&8 Step L diagonally forward - lock R behind L - step L diagonally forward

S3 : SIDE, TOGETHER, SIDE, TOGETHER, SIDE, L BACK ROCK, VOLTA ½ TURN L, R CHASSE

1&2&3 Step R to R side - step L next to R - step R to R side - step L next to R - step R to R side

&4 Rock back on L - recover onto R

5&61/4 turn L stepping L forward - step R beside L - 1/4 turn L and cross L over R (3:00)

7&8 Step R to R side - step L beside R - step R to R side

S4 : CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE, CROSS, ¼ TURN R, COASTER STEP

1&2& Cross rock L over R - recover onto R - rock L to L side - recover onto R

3&4 Cross rock L over R - recover onto R - step L to L side

5-6 Cross R over L - 1/4 turn R stepping back on L (6:00)

7&8 Step back on ball of R - step ball of L next to R - step R forward

S5 : FWD MAMBO, BACK MAMBO, SIDE MAMBO, SIDE MAMBO

- 1&2** Rock L forward - recover onto R - step L beside R
- 3&4** Rock back on R - recover onto L - step R beside L
- 5&6** Rock L to L side - recover onto R - step L beside R
- 7&8** Rock R to R side - recover onto L - step R beside L

S6 : L & R CROSS SAMBA, PADDLE ¾ TURN L

- 1&2** Cross L over R - rock R to R side - recover onto L
- 3&4** Cross R over L - rock L to L side - recover onto R

5&1/8 turn L stepping L forward - step ball of R beside L

6&1/4 turn L stepping L forward - step ball of R beside L

**7&8 1/4 turn L stepping L forward - step ball of R beside L - 1/8 turn L stepping L forward
(9:00)**

« Croquez la vie à pleines danses ! » Magali Chabret

**Original stepsheet of the choreographer - galicountry76@yahoo.fr -
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