

La Bicicleta

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Count: 48

Wall: 2

Level: Newcomer

Choreographer: Joan Morro & Tecnicos de Baleares (Promoción Coreógrafos 2016) Oct 2016

Music: La Bicicleta By Carlos Vives y Shakira

Intro: Start 16 counts or on Lyrics

S1: Side Mambo Step x2 , ½ Rumba Box Bwd, Rock in Chair

1&2RF Step Side R , recover , RF Step together LF

3&4LF Step Side L , recover , LF Step together RF

5&6RF Step side to R , LF Step Next RF , RF Step Bwd

7&LF Back Rock, recover

8&LF Fwd Rock, recover

S2: ½ Rumba Box Fwd to L Modificatet Rock In Chair, Paddle Turn x 4

1&2LF Step side to L , RF Step Next LF , LF Fwd Step

3&RF Fwd Rock, recover

4&RF side R Rock, recover

5& Make ¼ Turn L , RF side Touch to R, recover (9:00)

6& Make ¼ Turn L , RF side Touch to R, recover (6:00)

7& Make ¼ Turn L , RF side Touch to R, recover (3:00)

8& Make ¼ Turn L , RF side Touch to R, recover (12:00)

RESTART HERE ON WALL 5 or 16 FIRST COUNTS (12:00)

S3: Botafogo x 2, Out Out Fwd & Bwd , Hip Roll x 2 (CCW)

1&2RF Cross over LF , LF Step to L , RF Step Fwd to Diagonally R

3&4LF Cross over RF , RF Step to R , LF make ¼ Turn Step Fwd (9:00)

&5RF Step Side Fwd , LF Step Side Fwd

&6RF Step side Bwd , LF Step Side Bwd

&7 Hip Roll in Counter Clockwise

&8 Hip Roll in Counter Clockwise

S4: Point Fwd RF ,Flick $\frac{1}{4}$ Turn To L ,Shuffle R Fwd, Hell Switches x 2 , Kick Ball Touch

1-2RF Point Fwd , RF turning $\frac{1}{4}$ to L Flick Bwd (6:00)

3&4RF Step Fwd , LF Step next RF , RF Step Fwd

5&LF Touch Hell Fwd , LF Step Together RF

6&RF Touch Hell Fwd , RF Step Together LF

7&8LF Kick Fwd , LF Step onto ball , RF Touch Together LF

S5: Step Side R , Close , Chassé R , Toe Strut Fwd x 4 With Shimmy

1-2RF Step side R , LF Step Close

3&4RF Step side R , LF Step Close RF , RF Step Side R

5&LF Touch Toe Fwd , Drop Hell L Down

6&RF Touch Toe Fwd , Drop Hell R Down

7&LF Touch Toe Fwd , Drop Hell L Down

8&RF Touch Toe Fwd , Drop Hell R Down

• On Counts 5 to 8& make Shimmy

S6: Step Side L , Close , Chassé L , Camel Walk Bwd RF X 4 With Arms Movement

1-2LF Step side L , RF Step Close

3&4LF Step side L , RF Step side Close FL , RF Step Side L

&5RF Hich , RF Touch Together LF

&LF Step Back , RF Hich

6RF Touch Together LF

&LF Step Back , RF Hich

7RF Touch Together LF

&LF Step Back, RF Hich

8RF Touch Together LF

• **On counts & 5 to 8 make Arm Movements as if we were in the hands of the pedals of a bicycle backwards.**

ENDING : In the wall 8 Start

E1: Side Mambo Step x 2 , Diagonal LockStep x 5 Fwd with Arms Movement

1&2RF Step side R , recover , RF Step Close

3&4LF Step side L , recover , LF Step Close

5&6RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd *

7&8LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd

1&2RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd

3&4LF Step Fwd Diagonal L , RF lock behind RF, LF Step Fwd

5&6RF Step Fwd Diagonal R , LF lock behind RF, RF Step Fwd

7LF Step Close

• **On count from 5 to the End make Rolling your Hands as if we were in the hands of the pedals of a bicycle Forward.**

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