

# LA BICICLETA

Choreographed by Marc Mitchell

Description: 48 count, 4 wall, 1 restart, improver salsa style line dance

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, 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 1/2TURN, 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

1 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