

## Loca

Phrased, 64 Count, 4 Wall, Intermediate  
Choreographer: Maryloo (FR) November 2010  
Choreographed to: Loca by Shakira,  
CD: Loca (feat.El Cata) - single

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Sequence : A-B-A-A-B-A-B-A

### PART A

#### LINDY RIGHT, LINDY LEFT

- 1&2 Side shuffle : right, left, right
- 3-4 Rock left back, recover on right
- 5&6 Side Shuffle : left, right, left
- 7-8 Rock right back, recover on left

#### WIGGLE STEPS

- 1&2 Step right forward bumping hips ( right left right )
- 3&4 Step left forward bumping hips (left right left)
- 5&6 Step right forward bumping hips ( right left right )
- 7&8 Step left forward bumping hips (left right left)

#### CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ¼ TURN LEFT

- 1-2 Cross/rock right over left, recover on left
- 3&4 Shuffle to right ( right, left, right)
- 5-6 Cross/rock left over right, recover on right
- 7&8 Step left behind right, make ¼ turn left and step right to side, step left forward

#### CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SAILOR ½ TURN LEFT

- 1-2 Cross/rock right over left, recover on left
- 3&4 Shuffle to right ( right, left, right)
- 5-6 Cross/rock left over right, recover on right
- 7&8 Step left behind right with ¼ turn left, step right to side with ¼ turn left, step left forward

### PART B

#### SHUFFLE FORWARD, ROCK STEP, TRIPLE ½ TURN LEFT TRAVELING FORWARD, TRIPLE ½ TURN LEFT TRAVELLING BACKWARD

- 1&2 Shuffle forward ( right, left, right)
- 3-4 Rock left forward, recover on right
- 5&6 Turn ½ left and step left forward, step right together, step left forward
- 7&8 Turn ½ left and step right back, step left together, step right back

#### ROCK BACK, SAMBA STEP LEFT, SAMBA STEP RIGHT, SAMBA ¼ TURN RIGHT

- 1-2 Rock left back, recover on right
- 3&4 Step left to side, step right slightly behind left, cross left over right
- 5&6 Step right to side, step left slightly behind right, cross right over left
- 7&8 Step left forward, make ¼ turn right and step right slightly behind left, cross left over right

#### SIDE ROCK, CROSS SHUFFLE, SIDE ROCK WITH ¼ TURN RIGHT, STEP FORWARD

- 1-2 Rock right to side, recover on left
- 3&4 Cross right over left, step left to side, cross right over left
- 5&6&8 Step left to side, cross right over left, step left to side, cross right over left
- 7&8 Rock left to side, make a ¼ turn right and recover on right, step left forward

#### KNEE POPS TRAVELLING BACKWARD, COASTER STEP, PIVOT ½ TURN LEFT

- 1& Touch right toe in front on left foot( knee "in"), step right slightly backward,
- 2& Touch left toe in front on right foot ( knee" in"), step left slightly backward,
- 3& Touch right toe in front on left foot( knee" in"), step right slightly backward,
- 4 Touch left toe in front on right foot ( knee" in")
- 5&6 Step left back, step right together, step left forward
- 7-8 Step right forward, pivot ½ turn left ( weight on left)

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**ENDING** : 1&2&3&4 Make a ¼ turn left with 3 small "paddle turn" on " loca loca"

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