



# Loca (Freemasons Radio Edit)

Shakira ft. Dizzee Rascal

Level: High Intermediate

Choreographer: **Sandy Pittermann, Bianca Behrens, Sabine Koll, Bernd Flühr, adapted by Michael Becker (ICIS 2010)** Duration: **3:01**  
 Album: **Loca** BPM: **126**

Start after 16B with sequence as follows

## Intro (32B)

Roll Vine	S(ots)	S(xib)	S(ots)	TCH	
	L	R	L	R	<b>turn 1/1 L on beat 1-3</b>
	R	L	R	L	<b>turn 1/1 R on beat 1-3</b>
	1	2	3	4	
2 Step touch fw. & bk	S(fw)	TCH	S(bk)	TCH	
	R	L	L	R	
	L	R	R	L	
	1	2	3	4	

Repeat all steps above once with opposite footwork

## Part A (33B)

McNamara	H(ots)	BA	BA(xib)	BA(ots)	H(ots)	BA	S(xib)
	L	L	R	L	R	R	L
	R	R	L	R	L	L	R
	1	&	2	&	3	&	4
Breaker 1/4L	STO	DS(xif)	p	BA/H	Hop/H	SL/UP	<b>turn 1/4L on 3-4</b>
	R	L		R	L	R	L
	1	&2	&	3	&	4	
Joey	DS	BA(xib)	BA(ots)	BA(ots)	BA(xib)	BA(ots)	S
	L	R	L	R	L	R	L
	R	L	R	L	R	L	R
	&1	&	2	&	3	&	4
Breaker 1/4L							

Repeat all above once to face front again

## Part B (32B)

4 Toe-Heel							
Slap & Turn 1/4R	DT/DR	UP/SL	DR	S	R(if)	S	KK/DR
	L	R	L	R	R	L	R
	&	1	&	2	&	3	&
							UP/SL
							L
							R
							(1/4R)
							R
							L
							4
Buck Basic	DS	T	BA	H	BA		
	R	L	L	R	R		
	&1	e	&	a	2		
McNamara	H(if)	BA	BA(xib)	BA(ots)	H(w/if)	<b>-turn-</b>	S
Heel Turn 3/4R	L	L	R	L	R	<b>3/4R</b>	L
	1	&	2	&	3	<b>&amp;</b>	4
Knee Pop mod.	SL/Flange	SL/Flange	SL/Flange	RS			
	R	L	L	R	R	L	LR
	1		2		3		&4
Slap & Turn 1/4R							
Triple							
McNamara Heel Turn 3/4R							
Basic							

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## Break 1 (48B)

Jazz Box

Woody DS RS DR S(xif) RS DR S(xif) RS DS RS  
L RL L R LR R L RL R LR  
&1 &2 & 3 &4 & 5 &6 &7 &8

Ida Red DT(b) H BR UP/H DS(xif) BA/H UP/SL DS RS DS KK UP/H  
L R L L R L R L L R L RL R L L R  
& 1 & 2 &3 & 4 &5 &6 &7 & 8

Hard Step DT(b) H BR UP/H DS RS  
L R L L R L RL  
& 1 & 2 &3 &4

Outhouse

Ida Red

Woody

Hard Step Split DT(b) H BR UP/H DS(xif) BA/H UP/SL  
(= ½ Ida Red) L R L L R L R L L R  
R L R R L R L R R L  
& 1 & 2 &3 & 4

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Part B (32B) 4 Toe-Heel • Slap & Turn 1/4R • Buck Basic • McNamara Pivot 3/4R •  
Knee Pop mod. • Slap & Turn 1/4R • Triple • McNamara Pivot 3/4R •  
Basic

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## Part C (32B)

2 {Quick Rock Slur & 2 DS}

Harley turn 1/2R DS DT(xif) H DT(unx) H R(ots) S H(w) H(w) RS DS RS  
L R L R L R L R L RL R LR **turn 1/2R on 6-8**  
&1 & 2 & 3 & 4 & 5 &6 &7 &8

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**Repeat all above once to face front again**

Part A (32B) {McNamara • Breaker 1/4L • Joey • Breaker 1/4L} 2x

Part B (32B) 4 Toe-Heel • Slap & Turn 1/4R • Buck Basic • McNamara Pivot 3/4R •  
Knee Pop mod. • Slap & Turn 1/4R • Triple • McNamara Pivot 3/4R •  
Basic

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## Break 2 (32B)

Slur Brush

Fancy Kick DS DS RS KK UP/H  
L R LR L L R  
&1 &2 &3 & 4

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**Repeat all above 3 times with opposite footwork**

Part C (32B) {{Quick Rock Slur & 2 DS} 2x • Harley turn 1/2R} 2x

Part B/2 (18B) 4 Toe-Heel • Slap & Turn 1/4R • Buck Basic • McNamara Pivot 3/4R •  
Knee Pop mod.

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## Outro (15B)

4 Quick Rock Slur (fwd.)

3 Cross touch (back)

1 Step xib, Arms up