

# Para Toda La Vida

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Jennifer Jou (TW) - November 2016

Musik: Para toda la vida - Marcela Morelo



**Introduction : 48 counts**

**Sequence : 32/32/Tag /32/32/32/Tag /32/32/32/32/Tag /32/32/32/Ending Pose**

**Sec 1 : Back, Recover, Side Touch, Forward, Cross, Recover, Side Touch, Bump Hip**

- 1-4 Rock RF back, recover onto LF, touch RF to right side, step RF forward
- 5-6 Cross step LF over RF, recover onto RF
- 7&8 Touch LF to left side and bump hips left

**Sec 2 : Cross Over, 1/4 Turn Left, Back, Hook, Forward, 1/2 Turn Left, hook, Shuffle Forward**

- 1-4 Cross step LF over RF, make 1/4 turn left stepping RF back, step LF back, hook RF over LF (9:00)
- 5-6 Step RF forward, make 1/2 turn left on right ball and hook LF over RF (3:00)
- 7&8 Step LF forward, step RF beside LF, step LF forward

**Sec 3 : 1/4 Turn Left, Side Rock, Recover, Sailor Step Right, Cross Over, 1/4 Turn Left, Back, Chasse Left**

- 1-2 Make 1/4 turn left rocking RF to right side, recover onto LF (12:00)
- 3&4 Step RF behind LF, step LF to left side, step RF to right side
- 5-6 Cross step LF over RF, make 1/4 turn left stepping RF back (9:00)
- 7&8 Step LF to left side, step RF beside LF, step LF to left side

**Sec 4 : Forward, 1/2 turn Left, Flick, Shuffle Forward, Forward, Recover, Coaster Step**

- 1-2 Step RF forward, make 1/2 turn left recovering onto LF and flicking RF
- 3&4 Step RF forward, step LF beside RF, step RF forward
- 5-6 Rock LF forward, recover
- 7&8 Step LF back, step RF beside LF, step LF forward

**Tag (16 counts):**

**[1-8] □ Mambo R, Mambo L, (Rock Back, Recover, Beside ) X2**

- 1&2 Rock RF to right side, recover onto LF, step RF beside LF
- 3&4 Rock LF to left side, recover onto RF, step LF beside RF
- 5&6 Rock RF back, recover, step RF beside LF
- 7&8 Rock LF back, recover, step LF beside RF

**[9-16] □ Out, Out, In, In, (Side, Drag) x 2**

- 1-4 Step RF forward and to the right diagonal, step LF forward and to the left diagonal, return and step RF back, step LF next to RF
- 5-8 Step RF to right side, drag LF toward RF with shimmy shoulders, step LF to left side, drag RF toward LF with shimmy shoulders

**Have Fun !!**

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