

# Mi Vida Loca

Count: 72

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Sascha Wolf (DE) - June 2019

Musik: Mi Vida Loca - Pam Tillis



**Sequence: 2 Party: ABB\* ABB A\*BB\*\*Tag**

## **Part A (4x8) : Stomp Up, Heel Tap, Points**

- 1 RF Stomp up before LF  
2 3 4 RF heel lift and heel tap (u can slip ur RF foot a little bit forward). Bring ur weight on RF at 4  
5&6& LF point to side, LF touch to RF, LF point to side, LF small step back  
7&8& RF point to side, RF small step back, LF point to side, 1/4 turn to left with LF small step back

**Dance Part A another three times, so u have one complete Round.**

## **Part A\*(2x8)**

**Same Steps, but u just dance it 2 time instead of 4 times. So u end at 6 o'clock**

## **Part B (8x8)**

### **B1. Mambo fwd, Mambo bwd**

- 1234 RF step forward, Bring weight to LF, RF step slight back, hold  
5678 LF step back, Bring weight to RF, LF step slight fwd, hold

### **B2. Samba Step**

- 1234 RF step to side, LF on place, RF cross over LF, hold  
5678 LF step to side, RF on place, LF cross over LF, hold

### **B3. Coaster Step, Shuffle**

- 1234 RF step to side, 1/4 turn to left while LF close to RF, RF step fwd, hold  
5678 LF step forward, RF step to LF, LF step fwd, hold

### **B4. Mambo step turn, Chassé turn**

- 1234 RF step fwd, Bring weight back to LF and start to turn, 1/4 turn to right and RF step to side  
5678 Chassé turn with 3/4 turn to right (LF step to side, RF close to LF, LF back)

### **B5. Coaster Step, Shuffle**

- 1234 RF back, LF close to RF, RF step fwd, hold  
5678 LF step forward, RF step to LF, LF step fwd, hold

### **B6. Step turn, Weave**

- 1234 RF step fwd and 1/4 turn to left, LF step on place, RF Cross over LF, hold  
5678 LF to side, RF cross behind LF, LF to side, RF cross over LF

### **B7. Box, Side, Point**

- 1234 LF to side, RF close to LF, LF step fwd, hold  
5678 RF to side, LF close to RF, RF point to side, hold

### **B8. Flick, Step Tour**

- 1234 RF flick behind Left knee, RF point to side, RF flick behind Left knee, hold  
5678 RF step to side, LF point to to RF, FL step to side, RF point to LF

**Part B\* dance till „4. Mambo step turn, Chassé turn“ and stop your turn after 1/2 and start the Dance new beginning with Part A**

**Part B\*\* dance till „4. Mambo step turn, Chassé turn“ with ur head to audience at 8**

**Tag: Batucada or Step touches backward with a 1/4 turn to right at Arms Ending**

1-8 RF diagonal back, LF point to RF, LF diagonal back, RF point to RF, RF diagonal back, LF pot to RF, RF diagonal back, LF pot to RF while u turn 1/4 to right, Arms up

---