

# Ainsi Bas La Vida

Count: 32

Wand: 4

Ebene: Beginner / Improver

Choreograf/in: Nena Moerina (INA) - February 2022

Musik: Ainsi bas la vida - Indila



Intro: 32 count - No tag ,No restart

## [Section 1]= DIAGONAL LOCK SHUFFLE, TOUCH (R/L)

- 1-2 Step R forward diagonally R (1), Lock L behind R (2)
- 3-4 Step R forward diagonally R (3), Touch L beside R (4)
- 5-6. Step L forward diagonally L (5), Lock R behind L (6)
- 7-8 Step L forward diagonally L (7), Touch R beside L (8)

## [Section 2]= ROCK, RECOVER, CHASSE ¼ RIGHT, CROSS ROCK, RECOVER, ½ LOCK FOWARD

- 1-2. Rock R over L(1), recover on L(2)
- 3&4. Turn ¼ R to R(3), L next to R (&), step R to side(4)
- 5-6. Cross L over R (03.00) (5), recover on R (6)
- 7&8. Turn ½ L to L(09.00)(7), lock R behind L(&), foward L (8)

## [Section 3]= Side Rock, Vine (R/L)

- 1 2 Step R to side(1), Recover on L(2)
- 3&4 Cross R behind L(3), Step L to L(&), Cross R over L (4)
- 5 6 Step L to side (5), Recover on R(6)
- 7&8 Cross L behind R(7), Step R to R(&), Cross L over R (8)

## [Section 4]= Toe Strut R-L , Sway

- 1-2 Place R Toe Forward(1), Step on R(2)
  - 3-4 Place L Toe Forward(3), Step on L(4)
  - 5-6. Step R to R and rotate sexy hips CW (front right back), Shift weight to L and rotate sexy hips CCW (front left back).
  - 7-8. Shift weight to R and rotate sexy hips CW (front right back), Step L close.
-