

Salsa Lavida 2022

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Supiyati DIY (INA) & Ella Miza (INA) - August 2022

Musik: El Carnaval de Celia: A Tribute (La Vida es un Carnaval / La Negra Tiene Tumbao / Ríe y Lloro) - KYEN?ES?



Intro: 20 counts

S1. CUMBIA

1&2 Rock RF behind LF, recover on LF step RF to R
3&4 Rock LF behind RF, recover on RF step LF to L
5&6 Rock RF behind LF, recover on LF step RF to R
7&8 Rock LF behind RF, recover on RF step LF to L

S2. TOUCH CROSS – SIDE – BOTAFOGO

1,2 Touch RF over LF, touch RF to R
3&4 Cross RF over LF, step ball LF to L, step RF in place
5,6 Touch LF over RF, touch LF to L
7&8 Cross LF over RF, step ball RF to R, step LF in place
** Restart here on Wall 3

S3. FORWARD MAMBO, BACK MAMBO, ¼ TURN R CROSS SHUFFLE, ½ TURN L CROSS SHUFFLE

1&2 Rock RF forward, recover on LF, step RF back
3&4 Rock LF back, recover on RF, step LF forward
** Restart here on Wall 9
5&6 ¼ turn R cross RF over LF, step LF to L, cross RF over LF
7&8 ½ turn L cross LF over RF, step RF to R, cross LF over RF

S4. SIDE MAMBO, PIVOT ½ TURN L, TOGETHER WITH BODY WAVE/ROLL

1&2 Rock RF to R, recover on LF, close RF next to LF
3&4 Rock LF to L, recover on RF, close LF next to RF
5,6 Step RF forward, ½ turn L weight on LF
7,8 Step RF together with body wave (option : Body Roll)

RESTART on Wall 3 after 16 counts and Wall 9 after 20 counts

Have Fun....

Last Update - 4 Sept. 2022