

Latin Vida

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Martin Dale (UK)

Musik: Livin' la Vida Loca - Ricky Martin



Use Cuban hip action throughout

FORWARD ROCK/BACK ROCK/SIDE ROCK/TURN

- 1-2 Step forward on left foot, rock back on to right
- 3-4 Step back on left foot, rock forward on to right foot
- 5-6 Step left foot left side, rock back on to right foot while turning $\frac{1}{2}$ turn to left
- 7 Step left foot next to right
- 8 Hold

FORWARD ROCK/BACK ROCK/SIDE ROCK/TURN

- 1-2 Step forward on right foot, rock back on to left
- 3-4 Step back on right, rock forward onto left foot
- 5-6 Step right foot right side, rock back on to left foot while turning $\frac{1}{2}$ turn to right
- 7 Step right foot next to left
- 8 Hold

LEFT VINE /TURN /SCUFF/FORWARD ROCK/ BACK ROCK

- 1-2 Step left foot to left side, cross right foot behind left
- 3-4 Step left foot to left side while turning $\frac{1}{4}$ to left, scuff right foot forward
- 5-6 Step forward on right foot, rock back on to left foot
- 7-8 Step back on right foot, rock forward on to left foot

WALKS/LOCKSTEP

- 1-2 Walk forward right foot
- 3-4 Walk forward left foot
- 5-6 Step forward right, lock left foot behind right
- 7 Step forward right
- 8 Hold

PIVOT $\frac{1}{2}$ TURN RIGHT/ $\frac{1}{2}$ PIVOT TURN RIGHT/COASTER

- 1-2 Step forward on left foot, pivot $\frac{1}{2}$ turn right
- 3-4 Step forward on left foot, pivot $\frac{1}{2}$ turn right while keeping weight on left foot
- 5-6 Step back on right foot, step left foot together
- 7 Step forward on right foot
- 8 Hold

$\frac{1}{4}$ ROCK TURNS

- 1-2 Turn $\frac{1}{4}$ right while stepping side left (bump hips left), rock back on to right foot
- 3-4 Repeat steps 1-2
- 5-6 Repeat steps 1-2
- 7-8 Repeat steps 1-2

REPEAT
