

# La Vida Loca

**COPPER KNOB**  
STEPSHEETS

Count: 64

Wand: 4

Ebene: Phrased Improver

Choreograf/in: Lily Liu (MY) - July 2011

Musik: La Vida Loca - Clover



**Sequence: A B B B16 / B B B B B / TAG / A B pose**  
**Intro 4 counts ( start dancing after sing "everybody " )**

## **A: 32 counts**

### **(A1) ( Side , Touch ) x2, Forward , Point , Backwards , Point**

- 1, 2 Step R to right , Touch L cross behind R
- 3, 4 Step L to left , Touch R cross behind L
- 5, 6 Step forward on R . Point L forward .
- 7, 8 Step back on L . Point R backwards .

### **(A2) Out , Out , In , In , Twist In Place (x3), Twist In Place (x3)**

- 1, 2 Step R out to right . Step L out to left .
- 3, 4 Step R back to center . Step L beside R .
- 5 & 6 Feet in place twist both heels to right , left , right .
- 7 & 8 Twist both heels to left , right , left (while hooking R behind L knee) .

**Sections (A3) &(A4), Repeat Sections (A1) & (A2) .**

## **B: 32 counts**

### **(B1) Side , Together , Chasse Right , Forward , Lock step , Shuffle Forward**

- 1, 2 Step R to right , Step L beside R (use hips roll)
- 3&4 Step R to right , Close L beside R, Step R to right (use hips roll)
- 5, 6 Step L forward , Lock R behind L
- 7&8 Step L forward , Lock R behind L , Step L forward .

### **(B2) Rocking Chair , Paddle 1/8 Turn Left (Twice)**

- 1, 2 Step R forward to right diagonal (sway hips) , Recover onto L
- 3, 4 Step R back to left diagonal (sway hips) , Recover onto L
- 5, 6 Step R forward , Turn 1/8 left weight onto L
- 7, 8 Step R forward , Turn 1/8 left weight onto L .

**\*\*\*\* Restart from here \*\*\*\***

### **(B3) Samba Cross ( twice) , Mambo Forward , Back Lock Step**

- 1 & 2 Cross R over L . Rock L to left . Recover onto R .
- 3 & 4 Cross L over R . Rock R to right . Recover onto L .
- 5 & 6 Rock R forward . Recover onto L . Step R beside L .
- 7 & 8 Step back on L . Cross R over L . Step back on L .

### **(B4) Back Mambo , Twist (x3), Step ,Pivot 1/2 Turn left with Hook , Shuffle Forward**

- 1 & 2 Rock R back . Recover onto L . Step R beside L .
- 3 & 4 Feet in place twist both heels to left , right , left
- 5, 6 Step R forward , Turn 1/2 left hooking L across R knee .
- 7 & 8 Step L forward , Step R beside L , Step L forward

**TAG: \*\* Facing( 6 : 00) . Do one Tag :**

### **Jazz Box 1/4 Turn Right**

- 1, 2 Cross R over L . Step back on L .
- 3, 4 Turn 1/4 right stepping R to right . Step L beside R .

ENJOY -----

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