

# Ritmo De La Vida

**COPPER** **KNOB**  
BY STEPHENETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Marie Sørensen (TUR) - July 2013

Musik: Ritmo De La Vida - Liz Abella : (Album: Rhythm Of Life - www.legalsounds.com)



**Intro: 16 Counts (From the heavy beat)**

## **SAMBA STEP RIGHT, LEFT, ROCK, RECOVER, SHUFFLE ¾ TURN RIGHT**

- 1&2 Cross right over left, rock left to left side, recover (Traveling forward)  
3&4 Cross left over right, rock right to right side, recover (Traveling forward)  
5-6 Rock fwd. on right, recover  
7&8 ½ turn right, step right to right side, step left next to right, ¼ turn right, step fwd. on right (09:00)

## **SAMBA STEP LEFT, RIGHT, ROCK, RECOVER, ¼ TURN CHASSE LEFT**

- 1&2 Cross left over right, rock right to right side, recover (Traveling forward)  
3&4 Cross right over left, rock left to left side, recover (Traveling forward)  
5-6 Rock fwd. on left, recover  
7&8 ¼ turn left, step left to left side, step right next to left, step left to left side (06:00)

## **ROCK, RECOVER, SAILOR ¼ TURN RIGHT, ROCK, RECOVER, SAILOR ¼ TURN LEFT**

- 1-2 Cross rock right over left, recover  
3&4 Step right behind left, ¼ turn right, step left next to right, step fwd. on right (09:00)  
5-6 Cross rock left over right, recover  
7&8 Step left behind right, ¼ turn left, step right next to left, step fwd. on left (06:00)

## **PRIZZY WALK, HOLD, PRIZZY WALK, HOLD, STEP ¼ TURN LEFT, CROSS, CHASSE**

- 1-2 Cross right over left, hold  
3-4 Cross left over, right, hold  
5&6 Step fwd. on right, ¼ turn left, cross right over left  
7&8 Step left to left side, step right next to left, step left to left side (03:00)

## **RESTARTS:-**

**During wall 5, after 24 Counts – Facing 06:00**

**During wall 10, after 16 Counts – Facing 12:00**

**Have Fun!**

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