

# Bendita Vida (per la gent gran)

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** M. Antonia Ventayol (ES), M. Angeles Alemany (ES) & Cati Riera (ES) - October 2020

**Music:** Bendita Vida - Txarango : (3:56)



**Intro: 32 counts**

**Notes: No Tag, no restart**

## **[1-8]: SIDE, CROSS, SIDE, HEEL X 2**

1 - 4            Step L to L side, Cross R over L, Step L to L side, Heel R to right side  
5 - 8            Step R to R side, Cross L over R, Step R to R side, Heel L to L side

## **[9-16]: WALK FW X 3 HEEL R - WALK BW X 3 HELL L**

1 - 4            Step L, R, L Fw, Heel R Fw  
5 - 8            Step R, L, R Bw, Heel L Fw

## **[17-24]: SIDE TOUCH X 2, OUT, OUT, IN, TOUCH**

1 - 2            Step L to L side, toe touch R beside L with clap  
3 - 4            Step R to R side, toe touch L beside R with clap  
5 - 6            Step L to diagonal L, Step R to diagonal R  
7 - 8            Step L to center, Tou Touch R beside L

## **[25-32]: STEPS MOVING IN A ¾ CIRCLE CLOCKWISE**

1 - 7            Step R, L, R, L, R, L, R, making 3/4 of a circle  
8                Tou touch L beside R (9:00)

**Dance and have fun!!**

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