

Toda Una Vida

Count: 32

Wall: 4

Level: Absolute beginner (Slow salsa)

Choreographer: Nathalie LATERRIERE (FR) - September 2024

Music: Toda Una Vida - Leoni Torres



Note : Hold on each 4&8 counts

Start : 48 counts on the lyrics « Como tu »

S1 : SIDE TOGETHER SIDE R, HOLD, SIDE TOGETHER SIDE L, HOLD [12:00 - 12:00]

123-4 Step RF to R side, step LF together, step RF to R side, Hold

567-8 Step LF to L side, step RF together, step LF to L side, Hold

S2 : MAMBO FORWARD R, HOLD, MAMBO BACK 1/4T L, RECOVER 1/4T R, HOLD [12:00 - 12:00]

123-4 Rock forward onto RF, recover onto LF, step back onto RF, Hold

567-8 Turn 1/4T L rocking back onto LF (9 :00), recover onto RF, turn 1/4T R stepping LF next to RF, Hold (12:00)

S3 : MAMBO FORWARD R, WALK BACK x3 ,HOLD [12:00 - 12:00]

123-4 Rock forward onto RF, recover onto LF, step back onto RF, Hold (12 :00)

567-8 Step back LF,RF,LF, Hold

Option with turns: STEP FORWARD R, 1/2T L, 1/2T L

123-4 Step forward onto RF, turn 1/2T L transferring weight onto LF (6 :00), rotate another 1/2T L stepping back onto RF, Hold (12 :00)

S4 : SCISSORS STEP R, HOLD, SIDE ROCK L, RECOVER ¼ T R, STEP FORWARD L [12:00 - 3:00]

123-4 Step RF to R side, step LF together, step RF across LF, Hold

567-8 Rock LF to L side, recover onto RF turning 1/4T R, step forward onto LF, Hold (3 :00)