

Corazon Y Vida

Count: 32

Wall: 4

Level: Improver - Cha Cha

Choreographer: Francien Sittrop (NL) - December 2012

Music: Alma, Corazón y Vida (feat. Tamara) - Marcos Llunas



Intro: Start after 32 Counts

[1 – 9] Step fwd , Rock Recover , Lockstep Back, Rock Recover, Shuffle ¼ R

1 – 3 Step L Diagonally fwd , Cross Rock R over L, Recover on L

4 & 5 Step R Diag R back, Lock L across R, Step R Diag back

6 – 7 Rock L back , Recover on R (12.00)

8 & 1 Step L to L side, Step R next to L***R***, ¼ R step L Back (03.00)

Body Movement :Option count 6 – 7 : You can make ¼ Turn L and watch over your L shoulder and recover back)

[10-16] ¼ R Rock Recover, Behind Side Cross, Side Rock Recover, Sailor ¼ L

2 – 3 ¼ Turn R rock R to R side, Recover on L (06.00)

4 & 5 Step R behind L, Step L to L side, Step R across L

6 – 7 Rock L to L side, Recover on R

8 & Sweep L behind R with ¼ Turn L, Step R next to L (03.00)

[17-24] Fwd (last step of Sailor). Lock, Lock Step fwd, Cross, Back, Shuffle ½ R

1 – 2 Step L fwd , Lock R behind L

3 & 4 Step L fwd, Lock R behind R, Step L fwd

5 - 6 Step R across L, Step L back

7 & 8 ¼ Turn R step R to R side, Step L next to R, ¼ R step R fwd (09.00)

[25-32] Step fwd, Pivot ½ R, Step fwd, Pivot ½ R with Touch, Side Rock Recover, Crossing Shuffle

1 - 2 Step L fwd, Pivot ½ Turn R

3 - 4 Step L fwd, Pivot ½ Turn R and Touch R across L foot

5 – 6 Rock R to R side , Recover on L

7 & 8 Step R across L, Step L to L side, Step R across L

Enjoy the Music and you may use your hips

Start Again

Restart : Wall 7 After count 8& start again with count 1

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