

Vida

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Ernie Yin (INA) - September 2014

Musique: Vida - Ricky Martin



Intro: 16 counts

I. Kick Ball Change 2x – Forward Shuffle 2x

- 1 & 2 Kick Rf Forward – Step Rf Beside Lf – Step Lf In Place
- 3 & 4 Kick Rf Forward – Step Rf Beside Lf – Step Lf In Place
- 5 & 6 Step Rf Forward – Step Lock Lf Behind Rf – Step Rf Forward
- 7 & 8 Step Lf Forward – Step Lock Rf Behind Lf – Step Lf Forward

II. Forward Rock – ½ Turn Right Shuffle – ¼ Right Pivot – Cross Shuffle

- 1 2 Step Rf Forward – Recover On Lf
- 3 & 4 Turn ½ Right Step Rf Forward – Step Lock Lf Behind Rf – Step Rf Forward
- 5 6 Step Lf Forward – Turn ¼ Right Recover Weight On Rf
- 7 & 8 Step Lf Across Over Rf – Step Rf Behind Lf – Step Lf Across Over Rf

***Restart Here On Wall 4**

III. Side Rock – Hip Bump – ¼ Left Sailor – Forward Shuffle

- 1 2 Step Rf To Right Side Bump Hip To Right – Recover On Lf Bump Hip To Left
- 3 & 4 Bump Hip To R – L – R (Weight On Rf)
- 5 & 6 Step Lf Behind Rf – Turn ¼ Left Step Rf Beside Lf – Step Lf Forward
- 7 & 8 Step Rf Forward – Step Lock Lf Behind Rf – Step Rf Forward

IV. ½ Right Pivot – ¼ Right Pivot – Jazz Touch

- 1 2 Step Lf Forward – Turn ½ Right Recover Weight On Rf
- 3 4 Step Lf Forward – Turn ¼ Right Recover Weight On Rf
- 5 6 Step Lf Across Over Rf – Step Rf Backward
- 7 8 Step Lf To Side – Touch Rf Beside Lf

***Restart On Wall 4 After 16 Count**

Have Fun... Stay Happy Stay Healthy...!!!

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