

A La Vida Mambo!

Compte: 40

Mur: 4

Niveau: Low Improver

Chorégraphe: Helaine Norman (USA) - January 2025

Musique: Vivir Mi Vida - Marc Anthony



Intro: 64 (on vocal)

No tags or restarts

Note: During the long intro feel free to be creative and mambo free style your way.

I. SIDE, TOGETHER, SIDE-MAMBO; SIDE, TOGETHER, SIDE-MAMBO

- 1-2 Step R side, step L together
- 3&4 Rock R side, recover to L, step R together
- 5-6 Step L side, step R together
- 7&8 Rock L side, recover to R, step L together

II. KICK BALL TOUCH, SIDE-MAMBO; ½ L-TURN HINGE, FORWARD, FORWARD-MAMBO

- 1&2 Kick R forward, step R together, touch L together
- 3&4 Rock L side, recover to R, step L together
- 5&6 Making ¼ turn left step R back, step L (6:00), step R forward
- 7&8 Rock L forward, recover to R, step L back

III. SAILOR, ¼ R-TURN SAILOR WITH CROSS OVER; SAMBA X2

- 1&2 Step R behind L, step L side, step R side
- 3&4 Making ¼ turn right step L behind R (9:00), step R side, step L over R
- 5&6 Rock R side, recover to L, step R over L
- 7&8 Rock L side, recover to R, step L over R

Optional for 1&2: **BACK MAMBO:** Making slight turn to right diagonal rock R behind L (1), return to 6:00 to step R side (&), step L side (2)

Suggested styling for 5&6, 7&8: Move forward to dance the sambas.

IV. SIDE-ROCK, CROSSING SHUFFLE; SIDE-ROCK CROSSING SHUFFLE

- 1-2 Rock R side, recover to L
- 3&4 Step R over L, step L side, step R over L
- 5-6 Rock L side, recover to R
- 7&8 Step L over R, step R side, step L over R

REPEAT

Helaine43@gmail.com