

# Mi Vida

**Compte:** 96

**Mur:** 1

**Niveau:** Phrased Improver

**Chorégraphe:** Yanz Vian (INA) & Cindy Elsy (INA) - January 2025

**Musique:** Vivir Mi Vida - Marc Anthony



**Sequence : A-B-C-A-B-B-C-A-B-A-B-B-B (Start from 24 Counts)**

**Intro 32 Counts**

**A. 32 Counts**

**I. Cross Samba, Forward Mambo Turn ½ R, Pivot ½ Turn R**

- 1&2 Cross Rf Over Lf, Step Lf to Left Side, Recover on Rf
- 3&4 Cross Lf over Rf, Step Rf to Right Side, Recover on Lf
- 5&6 Rock Rf forward, Recover on Lf, ½ turn R step Rf forward
- 7&8 Step L forward, ½ turn R weight on Rf, Step Lf forward

**II. Touch Cross-Side, Cross Samba**

- 1-2 Cross touch Rf toe over Lf, touch Rf toe to right side
- 3&4 Cross Rf over Lf, step Lf to left side, recover on Rf,
- 5-6 Cross touch Lf toe over Rf, touch Lf toe to left side
- 7&8 Cross Lf over Rf, step Rf to right side, recover on Lf

**III. Forward Mambo, Jazz Box**

- 1&2 Rock Rf forward, Recover on Lf, Step Rf next to Lf
- 3&4 Rock Lf forward, Recover on Rf, Step Lf next to Rf
- 5-8 Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

**IV. Repeat Section III**

**B. 32 Counts**

**I. Chasse**

- 1&2 Step Rf to right side, Step Lf next to Rf, Step Rf to right side
- 3&4 Step Lf to left side, Step Rf next to Lf, Step Lf to left side
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

**II. Cumbia**

- 1&2 Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
- 3&4 Rock cross Lf behind Rf, Recover on Rf, Step Lf to left side
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

**III. Cross Shuffle, Jazzbox**

- 1&2 Cross Rf over Lf, step Lf to L, cross Rf over Lf
- 3&4 Cross Lf over Rf, step Rf to R, cross Lf over Rf
- 5-8 Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

**IV. V Step, Cumbia, Full Turn Triple Step**

- 1-2 Step Rf diagonal forward, Step Lf diagonal forward (out-out)
- 3-4 Step Rf diagonal back, Close Lf next to Rf (in-in)
- 5&6 Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
- 7&8 ½ turn L step Lf forward, ¼ turn L step Rf back, ¼ turn L step Lf forward

## **C. 32 Counts**

### **I. Full Diamond with Hitch**

- 1&2& Cross Rf over Lf, Step Lf slightly to L turning  $\frac{1}{8}$  turn R, Step Rf back, Hitch Lf knee (1:30)  
3&4& Step Lf behind Rf, Step Rf to R turning  $\frac{1}{4}$  turn R, Step Lf forward, Hitch Rf knee (4:30)  
5&6& Cross Rf over Lf, Step Lf slightly to L turning  $\frac{1}{4}$  turn R, Step Rf back, Hitch Lf knee (7:30)  
7&8 Step Lf behind Rf, Step Rf to R turning  $\frac{1}{4}$  turn R, Step Lf forward (12:00)

### **II. Rock Forward With Body Weave, Recover**

- 1-2 Rock Rf forward with body weave  
3-4 Recover on Lf, Step Rf next to Lf  
5-6 Rock Lf forward with body weave  
7-8 Recover on Rf, Step Lf next to Rf

### **III. Repeat Section I**

### **IV. Forward Mambo, V Step, Shimmy Shimmy**

- 1&2 Rock Rf forward, Recover on Lf, Step Rf next to Lf  
3&4 Rock Lf forward, Recover on Rf, Step Lf next to Rf  
5-6 Step Rf diagonal forward, Step Lf diagonal forward (out-out)  
7-8 Shimmy Shoulder
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