

Live, Laugh & Love

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Linda Dube (CAN)

Musique: Volcano - Jimmy Buffett



SWIVEL WALK, SWIVEL SHUFFLES

The following 8 counts are executed with knees bent, toes diagonally turned in and traveling forward on the balls of your feet

- 1-2 Step forward right, step forward left
- 3&4 Step forward right, left together, step forward right
- 5-6 Step forward left, step forward right
- 7&8 Step forward left, right together, step forward left

WALK BACK, BACKWARD SHUFFLES

- 1-2 Walk back right, left
- 3&4 Shuffle backwards right, left, right
- 5-6 Walk back left, right
- 7&8 Shuffle backwards, left, right, left

SIDE STEPS, SIDE, TOGETHER, SIDE. (CUBAN HIP MOVEMENTS)

- 1-2 Take a shoulder width step to the right, step left together with right
- 3&4 Step side right, left together, step side right. (keep these steps small)
- 5-6 Take a shoulder width step to the left, step right together with left
- 7&8 Step side left, right together, step side left. (keep these steps small)

CROSS ROCK, SHUFFLE IN PLACE, CROSS ROCK ¼ SHUFFLE

- 1-2 Crossing right over left, rock forward on right foot, rock back on left foot
- 3&4 Shuffle right, left, right, in place
- 5-6 Crossing left over right, rock forward on left foot, rock back on right
- 7&8 Shuffle left, right, left, in place with a ¼ turn left

REPEAT

8 count tag- for "The Cup of Life" by Ricky Martin

This tag is only done once after completing the dance four times and upon returning to the front wall for the 1st time. Simply repeat the last 8 counts of the dance without the ¼ turn

- 1-4 Cross rock, shuffle in place
- 5-8 Cross rock, shuffle in place

Begin the dance again. (mucho faster than other selections but fun!)