

# Vida Loco (Crazy Life)

**COPPERKNOB**  
BY STEPHENETS

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Caroline Robson (UK)

**Musique:** Livin' la Vida Loca - Ricky Martin



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- |       |   |
|-------|---|
| 1-2-  | Step forward right and hold   |
| &3-4  | Lock left to right and step forward right, scuff left                                 |
| 5&6   | Forward left shuffle  |
| 7&8   | Side rock on right foot to right side and recover                                     |
|       |   |
| 1-4   | Cross right over left, hold and clap, rock left to left side                          |
| 5-8   | Cross left over right, hold and clap, rock forward on right, recover weight onto left |
|       |   |
| 1&2   | Turning shuffle right left right  |
| 3-4-5 | Walk left, right, left  |
| 6-7-8 | Heel switches right, left, right  |
|       |   |
| &1&2  | Lock left to right, step forward right - hold   |
| &3&4  | Lock left to right, step forward right - hold   |
| 5-6   | Left rock forward, recover weight on right  |
| 7&8   | $\frac{3}{4}$ shuffle turn to left- left, right, left                                 |
|       |   |
| 1-2   | Step right to side, left together   |
| 3-4   | Step right, left together with Cuban hips   |
| 5-8   | Body roll forward   |
|       |   |
| 1-4   | Rock forward right into right side shuffle  |
| 5-8   | Left rock forward into $\frac{1}{2}$ turn shuffle                                     |

**REPEAT**

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