

High Impact

Compte: 60

Mur: 2

Niveau: Intermediate

Chorégraphe: Sheila Vee (UK)

Musique: Livin' la Vida Loca - Ricky Martin



SWIVEL BOTH HEELS TWICE, MAMBO TWICE, ½ PIVOTS TWICE, STEP, SLIDE

- 1&2& Swivel both heels to right, back to center, repeat
3&4 Step forward on right, lift & replace left, step back on right
5&6 Step back on left, lift & replace right, step forward on left
7-8 Pivoting on left, touch right toe forward turning ½ turn left, repeat

Should be back facing home wall

- 9-10 Step right big step to right side, slide left to right
11-20 Repeat steps 1 - 10 starting on left

SWITCH STEPS RIGHT, LEFT, -RIGHT-LEFT-RIGHT, ¼ TURN, BODY ROLL, STEP BACK

- 21 Touch right toe to right side, (turn head to right)
&22 Bring right to center, touch left toe to left side, (turn head to left)
& Bring left toe to center while taking right to right side
23 Bring right toe to center while taking left to left side
&24 Bring left toe to center, touch right to right side
25 Keeping right out to right side, turn ¼ to right
26-27 Body roll forward, finish with weight back over shoulders
28 Step back on right

KNEE POPS, STEP TOUCH'S, CROSS MAMBO'S TWICE

- 29-30 Pop right knee, pop left knee
31&32& Pop right, left, right, left
33-34 Step forward on right, stomp forward on ball of left beside right
35&36 Step forward on right, stomp forward on ball of left beside right, step forward on right
& Step left beside right
37&38 Cross right over left, lift & replace left, step right to right side

While crossing right foot, take right arm across front of body, lift left arm straight up

- 39&40 Cross left over right, lift & replace right, step left to left side

While crossing left foot, take left arm across front of body, lift right arm straight up

ROCKS, ½ TURN, FULL TURN, STEP, FULL TURN, STEP, STEP

- 41-42 Rock forward on right, rock back on left
43 Step back on right turning ½ turn over right shoulder
44 Step forward on left pivoting full turn right, hooking right foot over left shin
45 Step forward on right
46 Step forward on left pivoting full turn right, hooking right foot over left shin
47-48 Step forward on right, step left beside right

MAMBO FORWARD / BACK, TOE HEEL TOUCH'S, FLICK ¼ TURN

- 49&50 Rock forward on right, lift & replace left, step back on right
51&52 Rock back on left, lift & replace right, step forward on left
53 Touch right toe beside left, (angle right knee in towards left)
54 Turn right toe out to right side touching right heel beside left
55& Touch right toe beside left (angle right knee in towards left), touch right heel beside left
56 Brush right toe back flicking out to right side while turning ¼ to left

CROSS,STEP,CROSS, SWEEP, CROSS,STEP,CROSS, TOGETHER

57&58 Cross right over left bringing left foot behind right, (keep right crossed over left) step to left side again on right
& Sweep left out from behind right
59&60 Repeat 57 & 58 on left
& Bring both feet together ready to start dance again

REPEAT
