

# 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**

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