

# Mi Vida Loca

拍数: 72      墙数: 2  
编舞者: Sascha Wolf (DE) - June 2019  
音乐: Mi Vida Loca - Pam Tillis

级数: Phrased Improver



**Sequence: 2 Party: ABB\* ABB A\*BB\*\*Tag**

## **Part A (4x8) : Stomp Up, Heel Tap, Points**

1                      RF Stomp up before LF  
2 3 4                RF heel lift and heel tap (u can slip ur RF foot a little bit forward). Bring ur weight on RF at 4  
5&6&                LF point to side, LF touch to RF, LF point to side, LF small step back  
7&8&                RF point to side, RF small step back, LF point to side, 1/4 turn to left with LF small step back

**Dance Part A another three times, so u have one complete Round.**

## **Part A\*(2x8)**

**Same Steps, but u just dance it 2 time instead of 4 times. So u end at 6 o'clock**

## **Part B (8x8)**

### **B1. Mambo fwd, Mambo bwd**

1234                RF step forward, Bring weight to LF, RF step slight back, hold  
5678                LF step back, Bring weight to RF, LF step slight fwd, hold

### **B2. Samba Step**

1234                RF step to side, LF on place, RF cross over LF, hold  
5678                LF step to side, RF on place, LF cross over LF, hold

### **B3. Coaster Step, Shuffle**

1234                RF step to side, 1/4 turn to left while LF close to RF, RF step fwd, hold  
5678                LF step forward, RF step to LF, LF step fwd, hold

### **B4. Mambo step turn, Chassé turn**

1234                RF step fwd, Bring weight back to LF and start to turn, 1/4 turn to right and RF step to side  
5678                Chassé turn with 3/4 turn to right (LF step to side, RF close to LF, LF back)

### **B5. Coaster Step, Shuffle**

1234                RF back, LF close to RF, RF step fwd, hold  
5678                LF step forward, RF step to LF, LF step fwd, hold

### **B6. Step turn, Weave**

1234                RF step fwd and 1/4 turn to left, LF step on place, RF Cross over LF, hold  
5678                LF to side, RF cross behind LF, LF to side, RF cross over LF

### **B7. Box, Side, Point**

1234                LF to side, RF close to LF, LF step fwd, hold  
5678                RF to side, LF close to RF, RF point to side, hold

### **B8. Flick, Step Tour**

1234                RF flick behind Left knee, RF point to side, RF flick behind Left knee, hold  
5678                RF step to side, LF point to RF, LF step to side, RF point to LF

**Part B\* dance till „4. Mambo step turn, Chassé turn“ and stop your turn after 1/2 and start the Dance new beginning with Part A**

**Part B\*\* dance till „4. Mambo step turn, Chassé turn“ with ur head to audience at 8**

**Tag: Batucada or Step touches backward with a 1/4 turn to right at Arms Ending**

1-8 RF diagonal back, LF point to RF, LF diagonal back, RF point to RF, RF diagonal back, LF  
pot to RF, RF diagonal back, LF pot to RF while u turn 1/4 to right, Arms up

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