

Bendita Vida (per la gent gran)

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: M. Antonia Ventayol (ES), M. Angeles Alemany (ES) & Cati Riera (ES) - October 2020
音乐: Bendita Vida - Txarango : (3:56)



Intro: 32 counts

Notes: No Tag, no restart

[1-8]: SIDE, CROSS, SIDE, HEEL X 2

1 - 4 Step L to L side, Cross R over L, Step L to L side, Heel R to right side
5 - 8 Step R to R side, Cross L over R, Step R to R side, Heel L to L side

[9-16]: WALK FW X 3 HEEL R - WALK BW X 3 HELL L

1 - 4 Step L, R, L Fw, Heel R Fw
5 - 8 Step R, L, R Bw, Heel L Fw

[17-24]: SIDE TOUCH X 2, OUT, OUT, IN, TOUCH

1 - 2 Step L to L side, toe touch R beside L with clap
3 - 4 Step R to R side, toe touch L beside R with clap
5 - 6 Step L to diagonal L, Step R to diagonal R
7 - 8 Step L to center, Tou Touch R beside L

[25-32]: STEPS MOVING IN A ¾ CIRCLE CLOCKWISE

1 - 7 Step R, L, R, L, R, L, R, making 3/4 of a circle
8 Tou touch L beside R (9:00)

Dance and have fun!!

Contact: maventayol@icloud.com