

Vida De Rico

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Roosamekto Mamek (INA) - November 2020
音乐: Vida de Rico - Camilo



Intro: 32

SEQUENCE: A, B, TAG, B, A, A, B, TAG, B, A, A, A

PART A (16 COUNT)

A1. SCISSOR STEP, SIDE, CROSS SHUFFLE

1&2& Step R to side - Step L together - Cross R over L - Step L to side
3&5 Cross R over L - Step L to side - Cross R over L
5&6& Step L to side - Step R together - Cross L over R - Step R to side
3&5 Cross L over R - Step R to side - Cross L over R

A2. SIDE MAMBO (R & L), MODIFIED TOES STRUT, PIVOT 1/2 LEFT

1&2 Rock R to side - Recover on L - Step R together
3&4 Rock L to side - Recover on R - Step L together
5&6& Touch R toes forward - Step R together - Touch L toes forward - Step L together
7-8 Step R forward - Turn 1/2 left

PART B (32 COUNT)

B1. SYNCOPATED MODIFIED SIDE LOCK SHUFFLE, JAZZ BOX CROSS

1&2& Step R to side - Step L ball behind R - Step R to side - Step L ball behind R
3&4 Step R to side - Step L ball behind R - Step R to side

Note: When doing this body angle diagonal 1:30

5-8 Cross L over R - Step R back - Step L to side - Cross R over L

B2. SYNCOPATED MODIFIED SIDE LOCK SHUFFLE, JAZZ BOX CROSS

1&2& Step L to side - Step R ball behind L - Step L to side - Step R ball behind L
3&4 Step L to side - Step R ball behind L - Step L to side

Note: When doing this body angle diagonal 10:30

5-8 Cross R over L - Step L back - Step R to side - Cross L over R

B3. SIDE ROCK, CROSS SHUFFLE, SIDE ROCK TURN 1/4 RIGHT, FORWARD LOCK SHUFFLE

1-2 Rock R to side - Recover on L
3&4 Cross R over L - Step L to side - Cross R over L
5-6 Rock L to side - Turn 1/4 right
7&8 Step L forward - Lock R behind L - Step L forward

B4. FORWARD LOCK SHUFFLE (SLIGHTLY DIAGONAL), MAMBO TURN 1/4 RIGHT, CROSS SHUFFLE

1&2 Step R forward - Lock L behind R - Step R forward
3&4 Step L forward - Lock R behind L - Step L forward
5&6 Rock R forward - Recover on L - Turn 1/4 right step R to side
7&8 Cross L over R - Step R to side - Cross L over R

REPEAT

TAG

SLOW COASTER STEP, TOGETHER

1-4 Step R back - Step L together - Step R forward - Step L together

For more info about step sheet & song, please contact:
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