

# Bailando Por La Vida

COPPERKNOB  
STEPPSHEETS

拍数: 128      墙数: 1      级数: Phrased Intermediate  
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音乐: Que Viva la Vida - Belle Perez



Intro : 28 counts (on lyric.... hoy)

Phrased - A - 48 counts B - 48 Counts C - 32 counts

Sequence : A - B - TAG - A - B (32 Counts) - C - B (start on section 3 and 2 X for section 5 & 6) - B (32 counts) - B (32 counts) . Ending B (4 counts)

**A 48 counts**

**Section 1 - SIDE CLOSE - SHUFFLE - CROSS ROCK - SAILOR ¼ TURN**

1 - 2            Step R to right side, step L beside R  
3 & 4            Step R to right side, L beside R, step R to right side  
5 - 6            Step L cross over R, Recover on R  
7 & 8            Turn ¼ left sweep L behind R, Step R beside L, Step L forward (09.00)

**Section 2 - DIAGONAL LOCK SHUFFLE - MAMBO STEP**

1 & 2            Step R diagonal forward, Step L lock behind R, Step R diagonal forward  
3 & 4            Step L diagonal forward, Step R lock behind L, Step L diagonal forward  
5 & 6            Step R forward, L in place, Step R beside L  
7 & 8            Step L backward, R in place, Step L beside R

**Section 3 - VOLTA 1/2 TURN R - VOLTA 3/4 TURN L**

1a2a            1/8 turn right step forward on R (10.30), Step L beside R, 1/8 turn right step forward on R (12.00), Step L beside R ,  
3a4            1/8 turn right step forward on R (01.30), Step L beside R, 1/8 turn right step R slightly forward  
5a6a            ¼ turn left step forward on L (12.00), Step R beside L, ¼ turn left step forward on L (09.00), Step R beside L  
7a8            1/8 turn left step forward on L ( 07.30), Step R beside L, 1/8 turn left step L to left side (06.00)

**Section 4 - BOTAVOGO - ROCKING CHAIR**

1 a 2            Step R cross over L, Tap L to L side (ball of L), R in Place  
3 a 4            Step L cross over R , Tap R to right side (ball of R) , L in Place  
5 - 6            Step R Forward , Recover on L  
7 - 8            Step R backward , Recover on L

**Section 5 - SIDE - BACK CROSS - SIDE - BACK FLICK ( R-L )**

1 - 2            Step R to right side , Step L back cross R  
3 - 4            Step R to right side , L knee up cross behind R  
5 - 6            Step L to left side , Step R back cross L  
7 - 8            Step L to left side , R knee up cross behind L

**Section 6 - JAZZ BOX ¼ TURN (2X)**

1 - 2            Step R cross over L , ¼ turn right step back on L (09.00)  
3 - 4            Step R to side , Step L forward  
5 - 6            Step R cross Over L , ¼ turn right step back on L (12.00)  
7 - 8            Step R to side , step L forward

**B ( 48 counts )**

## **SECTION 1 - 1. ROLLING VINE (R-L) WITH DOUBLE CLAPS**

- 1 - 2            ¼ turn right step forward on R, ½ turn right step back on L  
3 & 4            ¼ turn right step R to right side, Point L to left side with double claps  
5 - 6            ¼ turn left step forward on L, ½ turn left step back on R  
7 & 8            ¼ turn L step L to left side, Point R to right side with double claps

## **Section 2 - SIDE - TOUCH CROSS BEHIND (2X) R L**

- 1 - 2            Step R to right side, touch cross L behind R  
3 - 4            Step L to side, Touch cross R behind L  
5 - 6            Step R to right side, Touch cross L behind R  
7 - 8            Step L to left side, Touch cross R behind L

## **Section 3 - LOCK SHUFFLE FORWARD (4x)**

- 1 & 2            Step R forward, Step lock L behind R, Step R forward  
3 & 4            Step L forward, Step lock R behind L, step L forward  
5 & 6            Step R forward, Step lock L behind R, Step R forward  
7 & 8            Step L forward, Step lock R behind L, Step L forward

## **Section 4 - DIAGONAL BACK LOCK SHUFFLE**

- 1 & 2            Step R back diagonal, Cross L in front of R, Step R back diagonal  
3 & 4            Step L back diagonal, Cross R in front of L, Step L back diagonal  
5 - 8            Step R to right side, hip roll from left clock wise (2 counts) , Touch R beside L

## **Section 5 - TAP - BACK PADDLE TURN R**

- 1 - 2            Tap R diagonal with hip, Step R beside L :  
3 - 4            Tap L diagonal with hip, Step L beside R  
5 & 6 &            ¼ turn right tap R to side (03.00) , recover on L, ¼ turn right tap R to side (06.00), Recover on L  
7 & 8            ¼ turn right tap R to side (09.00), Recover on L, ¼ turn right step R Beside L (12.00)

## **Section 6 - TAP - BACK PADDLE TURN L**

- 1 - 2            Tap L diagonal with hip, Step L beside R  
1 - 4            Tap R diagonal with hip, Step R beside L  
5 & 6 &            1/4 turn left tap L to side (09,00), recover on R , 1/4 turn left tap L to side (06.00), Recover on R  
7 & 8            1/4 turn left tap L to side (03.00), recover on R,, ¼ turn left step L beside R

## **C ( 32 counts )**

### **Section 1 - MAMBO STEP**

- 1 & 2            Step R forward, recover on L, Step R beside L  
3 & 4            Step L backward, Recover on R, Step L beside R  
5 & 6            Step R to right side, Recover on L, step R beside L  
7 & 8            Step L to left side, recover on R, Step L beside R

### **Section 2 - SALSA CUMBIA**

- 1 & 2            ¼ turn right Step back on R, Recover on L, ¼ turn left step R to right side ,  
3 & 4            ¼ turn left step back on L, Recover on R, ¼ turn right step L to left side  
5 & 6            ¼ turn right step back on R, Recover on L, ¼ turn left step R to right side  
7 & 8            ¼ turn left step back on L, Recover on R, ¼ turn right step L to left side

### **Section 3 - ¾ DIAMOND FALLAWAY HITCH**

- 1 & 2 &            Step R cross over L, 1/8 turn right step L backward (01.30), Step R Backward, L knee up  
3 & 4            Step L backward, 1/8 turn right step R to right side (03.00) 1/8 turn right step L forward (04.30)

- 5 & 6 & Step R forward, 1/8 turn right step L to left side (06.00), 1/8 turn right step R backward (07.30), L knee up
- 7 & 8 Step L backward, 1/8 turn right step R to right side (09.00) ¼ turn right step L forward (12.00)

**Section 4 - MAMBO STEP**

- 1 & 2 Step R to right side, Recover on L, Step R beside L
- 3 & 4 Step L to left side, Recover on R, Step L beside R
- 5 & 6 Step R to right side, Recover on L, Step R beside L
- 7 & 8 Step L to left side, Recover on R, Step L beside R

**TAG**

**HIP ROLL CLOCK WISE ( 4 Counts )**

**Last Update - 6 Feb 2021**

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