

Lila Vida Loca

拍数: 40 墙数: 4 级数: Improver
编舞者: Silvi Laurent (INA) & Rissa Miura (INA) - September 2021
音乐: Livin' la Vida Loca - Ricky Martin



No Tag

#5 Restarts :

On wall 1 After 24 counts

On wall 2, 5, 7 After 36 counts

On wall 4 After 16 counts

Sequences : 24, 36, 40, 16, 36, 40,36, 40,38

Intro 16 Counts

S1. OUT - OUT - COASTER STEP - HITCH (WITH HIPS BUMP) - CHASSE TURN 1/4 TO LEFT

- 1-2 Step R diagonally forward, Step L diagonally forward
3&4. Step R backward, Step L together, Step R forward
5&6 L knee up with hips up, hips down, hips up
7&8. Step L to left side, Step R together, 1/4 turn left Step L forward (09.00)

S2. PIVOT 1/2 TO LEFT - CHASSE TURN 1/2 TO LEFT - BACK MAMBO - SIDE MAMBO

- 1-2 Step R forward, 1/2 turn left recovered on L (03.00)
3&4. 1/4 turn left stepping R to side (12.00), Step L beside R, 1/4 turn left step R backward (09.00)
5&6. Step L backward, Step R in place, Close L together
7&8. Step R to right side, Step L in place, Close R together

***Restart here on wall 4, facing 06.00**

S3. SIDE - CLOSE - FORWARD - TRIPLE ½ TURN - TOE STRUTS (LR) - SIDE - CLOSE TOUCH

- 1&2 Step L to left side, step R beside L, step L forward
3&4 Step R forward, recover on L, ½ turn right step R forward (03.00)
5& Touch L toe forward, drop L heel in place,
6& Touch R toe forward, drop R heel in place
7-8 Step L to left side (with body wave/shimmy), Touch R close beside L

***Restart here on wall 1 facing 03.00**

S4. ROCKING CHAIR MODIFIED - FORWARD - ½ TURN RIGHT BACK - BACK - BACK - RECOVER - FORWARD - SIDE TOUCH - CLOSE TOUCH - HITCH

- 1&2& Step R forward, recover on L, step R back, recover on L
3&4 Step R forward, ½ turn right stepping L back (9.00), step R back
5&6 Step L back, recover on R, step L forward
7&8 Touch R to right side, Touch R beside L, Hitch R knee up

S5. BEHIND - SIDE - CROSS - SIDE MAMBO STEP - FORWARD MAMBO - CROSS SHUFFLE

- 1&2 Cross R behind L, step L to left side, cross R over L
3&4 Step L to left side, step R in place, close L together R
***Restart here on wall 2 facing 12.00, and on wall 5 facing 03.00, on wall 7 facing 09.00**
5&6. Step R forward, Step L in place, close R together L
7&8. Cross L over R, Step R to right side, Cross L over R

Enjoy the dance, have fun!

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