

Ay Mi Vida

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Ay Mi Vida - Belle Perez



Intro: 16 Count

(1-8) BOTAFOGO (2X), 1/2 R MAMBO TURN, LOCK SHUFFLE

1a2 Cross RF over LF, Rock L ball to L, Recover onto RF
3a4 Cross LF over RF, Rock R ball to R, Recover onto LF
5&6 Rock RF fwd, Recover onto LF, Turn 1/2 R stepping RF fwd
7&8 Step LF fwd, Lock RF behind LF, Step LF fwd

(9-16) SIDE ROCK WITH SWAY, CROSS, SIDE, CROSS, HIP BUMP(2X), COASTER STEP

1 2 Rock RF to R, Recover onto LF (Swaying hip RL)
3&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5 6 Touch LF fwd diagonal L bumping L hip 2x
7&8 Step LF back, Close RF next to LF, Step LF fwd

(17-24) 1/4 L PIVOT, CROSS SHUFFLE, SIDE ROCK, 1/4 L SAILOR TURN

1 2 Step RF fwd, Turn 1/4 L weight on LF
3&4 Cross RF over LF, Step LF to L, Cross RF over LF
5 6 Rock LF to L, Recover onto RF
7&8 Cross LF behind RF, Turn 1/4 L stepping RF to R, Step LF fwd

(25-32) 1/4 L PIVOT, CROSS MAMBO, FULL VOLTA TURN

1 2 Step RF fwd, Turn 1/4 L weight on LF
3&4 Cross Rock RF over LF, Recover onto LF, Close RF next to LF
5& Turn 1/4 L stepping LF fwd, Close RF next to LF
6& Turn 1/4 L stepping LF fwd, Close RF next to LF
7&8 Turn 1/4 L stepping LF fwd, Close RF next to LF, Turn 1/4 L stepping LF fwd

Restart : On wall 4 do 16 count and restart from beginning

Tag : After wall 8 add 2 Cruzados Walks

1 Make a big R step fwd weight on RF pushing R shoulder and R hip fwd
2 Make a big L step fwd weight on LF pushing L shoulder & L hip fwd

Happy Dancing!

Contact dibamunaf@gmail.com