

# Vive La Vida

拍数: 72                      墙数: 1                      级数: Phrased Intermediate  
编舞者: Herman Baso (INA) - February 2023  
音乐: Vive La Vida (feat. Mohombi) - Nicole Cherry



Intro. : -

Note. : (Part A: 16C), (Part B: 16C), (Part C: 32C), (Part D: 8C)

Sequence: ABCD BBACD BBAC BBA

## Part A: 16 COUNTS

### S1# SIDE HOLD (R - L) - CROSS RECOVER SIDE -1/2 UNWIND BACKWARD

- 1, 2.                      step RF to side, hold
- 3, 4.                      step LF to side, hold
- 5&6.                      cross RF behind LF, recover on LF, step RF to side
- 7, 8.                      cross LF behind RF, 1/2 turn Left then slightly transfer weight to LF

### S2# REPEAT STEPS ON S#1

## Part B: 16 COUNTS

### S1# BIG SIDE STEP - CROSS TOUCH - 1/4 TURN STEP FWD - FULL TURN - LOCK SHUFFLE FWD - ROCK - RECOVER

- 1, 2.                      big step RF to side, cross touch LF behind RF
- 3, 4.                      1/4 turn Left step LF fwd, full turn left step RF fwd
- 5&6.                      step LF fwd, lock RF behind LF, step LF fwd
- 7, 8.                      rock RF fwd, recover on LF

### S2# STEP BACK WITH SWEEP OUT (R - L) - 1/4 SAILOR STEP - SYNCOPATED LOCK SHUFFLE FWD

- 1, 2.                      step RF back with LF sweep out, step LF back with RF sweep out
- 3&4.                      cross RF behind LF, close LF next to RF. 1/4 turn Right step RF fwd
- 5&6&.                      step LF fwd, lock RF behind LF, step LF fwd, lock RF behind LF
- 7&8.                      step LF fwd, lock RF behind LF, step LF fwd

## Part C: 32 COUNTS

### S1# SYNCOPATED CROSS SIDE - RECOVER - 1/4 FWD - FULL TURN - LOCK SHUFFLE FWD

- 1&2&                      cross RF over LF, step LF to side, cross RF behind LF, step LF to side
- 3&4.                      cross RF over LF, step LF to side, recover on RF
- 5, 6.                      1/4 turn Right step LF fwd, full turn Left step RF fwd
- 7&8.                      step LF fwd, lock RF behind LF, step LF fwd

### S2# BOTAFOGO (R - L) - 1/4 DIAMOND TURN

- 1&2                      cross RF over LF, step LF slightly to side, recover on RF
- 3&4.                      cross LF over RF, step RF slightly to side, recover on LF
- 5&6.                      cross RF over LF, 1/8 turn right step LF back, step RF back with LF hitch
- 7&8                      step LF back, 1/8 turn right step RF to side, step LF fwd

### S3# SAMBA WHISK (R - L) - 1/2 VOLTA TURN

- 1&2.                      step RF to side, cross LF slightly behind RF, recover on RF
- 3&4                      step LF to side, cross RF slightly behind LF, recover on LF
- 5&6&                      1/8 turn right step RF fwd, close LF behind RF, 1/8 turn right step RF fwd, close LF behind RF
- 7&8                      1/8 turn Right step RF fwd, close LF behind RF. 1/8 turn Right step RF fwd

### S4# FWD MAMBO - BACKWARD MAMBO - LEFT MAMBO - RIGHT MAMBO WITH CLOSE TOUCH

- 1&2.                      step LF fwd, recover on RF, step LF back

- 3&4. step RF back, recover on LF, step RF fwd
- 5&6 step LF to side, recover on RF, close LF next to RF
- 7&8. step RF to side, recover on LF, close touch RF next to LF

**Part D: 8 COUNTS**

**S1# TOE TOUCH FWD WITH HIP ROLLS OUT (R - L) - 1/2 PIVOT - 1/2 PIVOT**

- 1, 2. toe touch RF fwd with hip roll out, drop RF heel
- 3, 4. toe touch LF fwd with hip roll out, drop LF heel
- 5, 6. step RF fwd. 1/2 turn Left with quickly transfer weight to LF
- 7, 8. step RF fwd, 1/2 turn Left with quickly transfer weight to LF

**Repeat from the start**

**Let's get sweaty, healthy and happy!**

**Best Regards**

**Herman Baso**

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