

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

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