

La Vita Bella

拍数: 32 墙数: 4 级数: High Beginner
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音乐: La Vita Bella - Encho Dc : (Cover)



Section 1: ROCK SIDE - BEHIND CROSS (R,L)

1-2 Rock RF to side, recover on LF
3&4 Cross RF behind LF, step LF to side, cross RF over LF
5-6 Rock LF to side, recover on RF
7&8 Cross LF behind RF, step RF to side, cross LF over RF

Section 2 : BOTAFOGO R,L - DIAMOND

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, step LF to side, 1/8 turn Right step RF back with LF hitch
7&8 step LF back, 1/8 turn right step RF to side, step LF fwd

SECTION 3 : Forward MAMBO , BACK MAMBO L,SUFFLE FORWARD,TURN ½ R

1&2 Rock RF forward,recover on LF,step RF beside LF
3&4 Rock LF back ,recover on RF,step LF beside RF
5&6 Step RF forward ,step Lf beside RF ,step RF Forward
7,8 Step LF forward ,1/2 turn R, step LF behind RF

SECTION 4 : SHUFFLE FORWARD, CROSS MAMBO, CROSS MAMBO,STEP FORWARD

1&2 Step LF forward ,step RF beside LF,step LF forward
3&4 Rock cross RF over LF, recover on LF,step RF To R
5&6 rock cross LF over RF recover on RF.step LF to L
7 ,8 Step RF Forward, LF beside RF

Tag 1 : after wall 6 : 8 counts

SIDE MAMBO (R,L)

1&2 RF step side to the right. Recover weight on LF. RF close next to LF.
3&4 LF step side to the left. Recover weight on RF. LF close next to RF.
5&6 RF step side to the right. Recover weight on LF. RF close next to LF.
7&8 LF step side to the left. Recover weight on RF. LF close next to RF.

Tag 2 : After wall 8 : 4 count

SIDE MAMBO (R,L)

1&2 RF step side to the right. Recover weight on LF. RF close next to LF.
3&4 LF step side to the left. Recover weight on RF. LF close next to RF.

Have Fun & Thanks A lot
