

La Vida Me Cambio

COPPERKNOB
STEPPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
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音乐: La Vida Me Cambió - Diana Fuentes & Gente de Zona



#4 Restarts : on walls 3 , 5 , 7 , 9 after 16 counts
Into 16 counts

S.1 WALK FORWARD 2 COUNT- FORWARD SHUFFLE - FORWARD MAMBO - BACK SHUFFLE

1 2 Walk forward Rf - Lf
3 & 4 Step Rf forward - Step Lf close behind Rf - Step Rf forward
5 & 6 Step Lf forward - Recover on Rf - Step Lf slightly back
7 & 8 Step Rf back - Step Lf close to Rf - Step Rf back

S.2 WALK BACK 2 COUNT- COASTER STEP - JAZZ BOX 1/4 R

1 2 Walk back Lf - Rf
3 & 4 Step Lf back - Close Rf beside Lf - Step Lf forward
5 6 Step Rf forward - Step Lf back
7 8 Turn 1/4 right Step Rf to side - Step Lf forward

* RESTART HERE ON WALL 3 , 5 , 7 , 9

S.3 DIAGONAL SHUFFLE R & L

1 & 2 Step Rf diagonal forward R - Step Lf close behind Rf - Step Rf diagonal forward R
3 & 4 Step Lf diagonal forward L - Step Rf close behind Lf - Step Lf diagonal forward L
5 & Step Rf diagonal back - Touch Lf beside Rf
6 & Step Lf diagonal back - Touch Rf beside Lf
7 & 8 Step Rf diagonal back - Touch Lf beside Rf - Step Lf to side

S.4 DIAGONAL SYNCOPATED ROCKING CHAIR R & L

1 & 2 & Step Rf diagonal forward L - Recover on Lf - Step Rf back - Recover on Lf
3 & 4 Step Rf diagonal forward L - Recover on Lf - Step Rf to side
5 & 6 & Step Lf diagonal forward R - Recover on Rf - Step Lf back - Recover on Rf
7 & 8 Step Lf diagonal forward R - Recover on Rf - Step Lf to side

HAVE FUN & ENJOY ...