

Me Gusta La Vida 2023

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver - Cha Cha Cuban
编舞者: Lucy Aprilina Lo (INA), Miko Yamamoto (INA), Muki Matchir Royal (INA) & Maya Sofia (INA) - October 2023
音乐: Me Gusta la Vida - Orchestra Mario Riccardi



Start after 32 counts

S 1: BACK – FLICK- FORWARD- LOCK SHUFFLE- PIVOT- LOCK SHUFFLE

1-2-3-4&5 Step R back- Step L forward with flick on Rf – Step R Forward- Step L forward- Lock R behind L- Step L fwd

6-7-8&1 Step R forward- Turn ½ L, weight on L- Step R forward- Lock L behind R- Step R forward (6.00)

S 2: CROSS ROCK- RECOVER- SIDE CHASSE- ¼ PIVOT- CROSS SHUFFLE

2-3-4&5 Cross L over R- recover on R- step L to side – Step R close To L- Step L to side

6-7-8&1 Turn ¼ L, Step R forward(3.00) -Turn ¼ L , weight on L (12.00) – cross R over L- step L slightly to side- Cross R Over L (flick on Lf)

S 3: ROCK FORWARD – RONDE CHASSE- ¼ PIVOT- CUBAN BREAK

2-3-4&5 Rock L forward- recover on R, Sweep L to behind R – Step L behind R (4) -Step R to side (&) – Step L to side

6-7-8&1 Step R forward- turn ¼ L, weight on L- Rock R over L - Recover on L (9.00) – Step R to side

S 4: 3 STEP TURN CHASSE – ROCK BACK- RECOVER- TIME STEP

2-3-4&5 Cross L over R – turn ¼ L, Step R back- Turn ¼ L, Step L to side- step R close to L- Step L to side

6-7-8& Rock R behind L- recover on L- Step R close to L- Step L In place

LETS DO THE CHA CHA.. WITH FUN AND HAPPY

Our email address : sanitadress@yahoo.com

febe.yamamoto@yahoo.com

mooki.dance@gmail.com

gieprod@yahoo.com

Last Update: 15 Oct 2023