

Mi Vida

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Arisps (INA) - October 2023
音乐: Dj Samuel Kimkò Ft. El 3mendo a Aaron Paris - Mi Vida - I passi ufficiali del ballo



No Tag No Restart

Intro Dance : 32 Count

SECT 1 : WEAVE (L) - JAZZ BOX

1 - 4 Cross RF over LF, step LF to side, cross RF behind LF, touch LF to side
5 - 8 Cross LF over RF, step RF back, step RF to side, close RF next to LF

SECT 2 : WEAVE (R) - ¼ JAZZ BOX TURN RIGHT

1 - 4 Cross LF over RF, step RF to side, cross LF behind RF, touch RF to side
5 - 8 Cross RF over LF, ¼ turn right step LF back, step RF to side, close LF next to RF

SECT 3 : MAMBO SIDE (R,L) - WALK FWD R,L - KICK BALL CHANGE

1 & 2 Step RF to side, recover on LF, close RF next to LF
3 & 4 Step LF to side, recover on RF, close LF next to RF
5 - 6 Walk forward R, L
7 & 8 Kick RF fwd, close RF next to LF, step LF in place

SECT 4 : ANCHOR STEP - SAILOR STEP

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

Happy fun Dancing ☐