

Asi Es La Vida Bachata

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Improver
编舞者: Ana Maria Salas Sitges (ES) - November 2023
音乐: ASI ES LA VIDA - Enrique Iglesias & Maria Becerra



Parte A 16 counts, Parte B 32 counts, Parte C 32 counts.

Seq: AA-BB-CC-AA-BB-CC-AA

PARTE A

[1-8] ROCK TOGETHER TOUCH X2

1-2 RF rock fwd , LF recover
3-4 RF together LF, LF touch
5-6 LF rock fwd, RF recover
7-8 LF together RF, RF touch

[9-16] ROCK SIDE CROSS, ½ TURN R

1-2 RF side , LF recover
3-4 RF cross behind LF , hold
5-6 LF step fwd, ½ R RF
7-8 LF together RF, RF touch

PARTE B

[1-8] BASIC BACHATA R, ROCK COASTER STEP.

1-2 RF step R side, LF together RF
3-4 RF step R side, LF touch next to RF
5-6 LF rock fwd, RF recover
7&8 LF back, RF next to LF, LF step fwd

[9-16] WALK X3, ¼ TURN X2 L

1-2 RF step fwd, LF step fwd
3-4 RF step fwd, LF touch next LF
5-6 LF ¼ L side, RD touch next to LF
7-8 RF ¼ L side, LF touch next to RF

[17-24] BASIC BACHATA CROSS FWD, CROSS BWD

1-2 LF step L side, RF cross over LF
3-4 LF step L side, RD touch next to LF
5-6 RF step R side, LF cross back RF
7-8 RF step R side, LF touch next to RF

[25-32] FULL TURN L SIDE, STEP FWD HOLD X2

1-2 LF ¼ L side, RD ¼ L side
3-4 LF ½ L side, RF touch next to LF
5-6 RF step fwd, hold
7-8 LF step fwd, hold

PARTE C

[1-8] ROCK CHASSE, ½ R , CROSS OVER

1-2 RF rock fwd, recover LF
3&4 RF step R side, LF together RF, RF step R side
5-6 LF step fwd ¼ to R side , recover RF ¼ R side
7&8 LF cross over RF, RF step R side, LF cross over RF

[9-16] ROCK SIDE SAYLOR $\frac{1}{4}$ R, $\frac{1}{2}$, $\frac{1}{4}$ TURN R

- 1-2 RF step R side, recover LF
- 3&4 RF cross behind LF, $\frac{1}{4}$ turn R LF side L, RF step fwd
- 5-6 LF step fwd, RF $\frac{1}{2}$ turn R side
- 7-8 LF step fwd, RF $\frac{1}{4}$ turn R side

[17-24] ROCK CHASSE, $\frac{1}{2}$ L, CROSS OVER

- 1-2 LF rock fwd, recover RF
- 3&4 LF step L side, RF together LF, LF step L side
- 5-6 RF step fwd $\frac{1}{4}$ to L side, recover LF $\frac{1}{4}$ L side
- 7&8 RF cross over LF, LF step L side, RF cross over LF

[25-32] ROCK SIDE SAYLOR $\frac{1}{4}$ L, $\frac{1}{2}$, $\frac{1}{4}$ TURN L

- 1-2 LF step L side, recover RF
- 3&4 LF cross behind RF, $\frac{1}{4}$ turn L RF side R, LF step fwd
- 5-6 RF step fwd, LF $\frac{1}{2}$ turn L side
- 7-8 RF step fwd, LF $\frac{1}{4}$ turn L side

watch arms on video
