

La Vida Es Una

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Charles Alexander (SWE) - February 2024
音乐: La Vida Es Una - KAROL G : (Album: Puss In Boots: The Last Wish)



Intro: 24 counts, approx. 12 sec – 110 bpm
Dance starts facing 10:30

[1 – 8] ROCKING CHAIR, 1/8 TURN RIGHT BOTAFOGO, CROSS, SIDE, BEHIND-SIDE-PRESS 1/8 TURN

1&2& Rock R fwd. Recover onto L. Rock R back. Recover onto L.
3&4 Cross R over L. 1/8 turn right rock L to side. Recover onto R. [12:00]
5-6 Cross L over R. Step R to side.
7&8 Step L behind R. Step R to side. 1/8 turn right press L toes forward. [1:30]

Styling: Bend both knees slightly on count 8

[9 – 16] BACK w/SWEEP R-L, BEHIND-SIDE-CROSS 3/8 TURN, HOLD, ¼ TURN & BACK & CROSS & CROSS

1-2 Recover/step back R sweeping L front to back. Step back L sweeping R front to back.
3&4 Gradually turning 3/8 right: Step R behind L. Step L to side. Cross R over L. [6:00]
5-&6 Hold. 1/8 turn right step L to side. 1/8 turn right step R behind L. [9:00]
&7&8 Step L to side. Cross R over L. Step L to side. Cross R over L.

[17 – 24] L SAMBA WHISK, R CHASSÉ, 1/8 TURN RIGHT WALK L-R, STEP, ½ TURN

1-2& Step L to side. Rock R behind L. Recover onto L.
3&4 Step R to side. Step L beside right. Step R to side.
5-6 1/8 turn right step L forward. Step R forward. [10:30]
7-8 Step L forward. ½ turn right taking weight on R. [4:30]

[25 – 32] BATUCADAS L-R&L, BACK w/KICK, WALK R, RUN FWD L-R-L

1-2& Press L forward. Recover onto R. Step L beside R.
3&4& Press R forward. Recover and step R beside L. Press L forward. Recover onto R.

Note: Batucadas moving slightly back.

5-6 Step L back kicking R forward with straight leg. Step R forward.
7&8 Run forward L-R-L. [4:30]

No tags, no restarts! Amazing!

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