

Asi Es La Vida

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Maria Elena Santarromana (FR) - March 2024
音乐: ASI ES LA VIDA - Enrique Iglesias & Maria Becerra



Intro 32 counts

[1-8] DOUBLE STEP TOUCH R and L

1-4 R to R Side (1) – L Together (2) - R to R Side (3) – Touch L next to R (4) (RLR)
5-8 L to L Side (5) – R Together (6) - L to L Side (7) – Touch R next to L (8) (LRL)

[9-16] STEP TOUCH R – L BACK ROCK STEP – ½ R PIVOT TURN TOUCH R– R BACK ROCK STEP

1-2 R to R Side (1) – Touch L next to R (2) (R)
3-4 Back L rock step (3) – R recover(4) (LR)
5-6 L step Forward (5) – ½ R pivot turn Keep weight on L back Touch R in front (6) (LR) 6h
7-8 Back R rock step (7) – L recover (8) RL

[17-24] R SIDE ROCK STEP CROSS R HOLD – L SIDE ROCK STEP CROSS L HOLD

1-4 R to R side (1)– Recover on L(2) – Cross R in front (3) – Hold (4) (RLR)
5-8 L to L side (1)– Recover on R (2) – Cross L in front (3) – Hold (4) (LRL)

[25-32] R BACK ROCK STEP - R STEP TOUCH – L DOUBLE STEP TOUCH (optionnel L ROLLING VINE)

1-2 Back R rock step (1) – L recover (2) (RL)
3-4 R to R side (3)– Touch L next to R (4) ((LRL)
5-8 L to L Side (5) – R Together (6) - L to L Side (7) – Touch R next to L (8) (LRL)
*5-8 ¼ L turn L step forward (1) – ½ L turn R step back (2) – ¼ / turn Open L to L (3) – Touch R next to R (4)
*Optionnal add a hip bump each time you touch

• ENJOY

Maria Elena Santarromana @mariaelenasantarromana2158