

La Vida Loca

COPPERKNOB
BY STEPHEN

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Jennifer Pasley-Smith (USA)
音乐: Livin' La Vida Loca (Radio Edit) - Ricky Martin



This song could be counted using a very fast 1,2,3,4,etc. I chose to count this song 1-&-2-&-3-&-4-&-etc., such that the instrumental intro to the song is 16 counts long

STEP, STEP, KICK, STEP, STEP, STEP TWICE

- 1 Step right foot forward (on ball of foot, right knee bent)
- 2 Step left foot forward (on ball of foot, left knee bent)
- 3& Kick right foot forward, step right foot back
- 4& Step left foot back, step right foot forward
- 5 Step left foot forward (on ball of foot, left knee bent)
- 6 Step right foot forward (on ball of foot, right knee bent)
- 7& Kick left foot forward, step left foot back
- 8& Step right foot back, step left foot forward

RIGHT SIDE, TOGETHER, SIDE, TOUCH, LEFT SIDE, TOUCH, RIGHT SIDE, TOUCH LEFT SIDE, TOGETHER, ¼-LEFT TURN STEP, BRUSH, STEP FORWARD, TOUCH, STEP BACK TOUCH

- 9& Step right foot to right side, step left foot beside right
- 10& Step right foot to right side, touch left foot in place
- 11& Step left foot in place, touch right foot in place
- 12& Step right foot in place, touch left foot in place
- 13& Step left foot to left, step right foot beside left
- 14& Step left foot into ¼-turn left, brush right foot forward beside left
- 15& Step right foot forward, touch left foot beside right
- 16& Step left foot back, touch right beside left

Steps 9-16& should be styled using Cuban motion (hip movement). To begin to achieve this bend the knee of the foot you are stepping on. The opposite hip will automatically "do what it's supposed to do" to give the look and feel of Latin styling

KICK, CROSS STEP, STEP, STEP, KICK, CROSS STEP, STEP, STEP, KICK CROSS STEP, STEP, STEP, STEP FORWARD, TOUCH IN, TOUCH OUT, TOUCH IN

- 17& Kick right foot forward, cross (step) right foot over left
- 18& Step left foot back, step right foot to right
- 19& Kick left foot forward, cross (step) left foot over right
- 20& Step right foot back, step left foot to left
- 21& Kick right foot forward, cross (step) right foot over left
- 22& Step left foot back, step right foot to right side
- 23& Step left foot forward (big step), touch right foot beside left
- 24& Touch right foot to right side, touch right foot beside left

ROCK RIGHT, STEP, STEP, ROCK LEFT, STEP, STEP, ROCK RIGHT, STEP, 4 PADDLE TURNS INTO ½-TURN LEFT

- 25& Rock step right foot to right side, step left foot in place
- 26& Step right foot beside right, rock step left foot to left side
- 27& Step right foot in place, step left foot beside right
- 28& Rock step right foot to right side, step left foot in place
- 29 Touch right foot forward, turning slightly to left on left foot
- 30-32 Repeat step 29 three more times to complete ½-turn left

RIGHT KICK FORWARD, KNEE-POP, KNEE-POP, ¼-TURN RIGHT KNEE-POP ROCK BACK, STEP, STEP) TWICE

- 33& Kick right foot forward, step right foot back and bend (pop) left knee
34& Bend (pop) right knee and straighten left leg, pivot ¼-turn right on right foot and bend (pop) left knee
35& Rock step back on left foot, step right foot in place
36 Step left foot slightly in front of right
37-40 Repeat steps 33-36 to complete ½-turn right in this 8-count

REPEAT
