

La Vida Loca

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Avril King (UK)
音乐: Livin' la Vida Loca - Ricky Martin



TOE STRUTS AND WALKS FORWARD, WALKS BACK AND HITCH

- 1-8 Toe strut forward with the right foot, walk forward left, right. Toe strut forward with left foot, walk forward right, left
- 9-16 Walk back right, left, right, hitch left leg in front, walk back left, right, left, hitch right leg in front (when walking backwards step the foot slightly behind the other foot. When hitching the foot it may be swung round as opposed to hitched in front)

STEP TO SIDE AND HOLD, SIDE STEPS, ROCK BACK, ROCK FORWARD, STEP TO THE SIDE, SIDE WEAVE, HITCH AND TURN, STEP DOWN, ROCK FORWARD, BACK, STEP TOGETHER

- 17-20 Step right to right side and hold for one count, step left next to right, step right to right side
- 21-24 Rock back onto left foot, rock forward onto right, step left to left side and hold for one count
- 25-28 Step right behind left, step left to left side, hitch the right foot in front of left making a ¼ turn to the right, step right down in place
- 29-32 Rock forward onto left, rock back onto right, step left in place and hold for one count

WEAVE RIGHT, ROCK AND STEP OVER, WEAVE LEFT, ROCK AND STEP OVER, STEP TO SIDE AND SHIMMY

- 33-39 Step right to right side, step left behind right, step right to right side, step left over right, rock right to right side, left to left side, step right over left
- 40-44 Step left to left side, step right behind left, rock left to left side, rock right to right side, step left over right
- 45-48 Step right to right and shimmy to right and then to the left

TOE HEEL WALKS FORWARD, STEPS IN PLACE, SLIDE BACKWARDS, HIP ROLL

- 49-54 Tap the right toe next to left turning the knee inwards slightly, dig the right heel in front, step the right down slightly forward. Repeat on the left leg
- 55-56 Step right in place next to left, step left next to right
- 57-60 Step back on the right slightly to the diagonal and slide the left in next to right
- 61-64 Push the left hip forward and roll it round lifting the hip when doing so and keeping the weight off the left foot, repeat this putting the weight onto the foot to finish the dance. Each roll should last 2 counts

REPEAT
