

Que Sera Mi Vida

拍数: 0 墙数: 0 级数:
编舞者: David J. McDonagh (WLS)
音乐: Que Sera Mi Vida - The Gibson Brothers



Sequence: When using the 5:55 version of the song, the sequence is AB, ABC, ABC, TAG, AAAA. When using the 3:52 version of the song, the sequence is ABC, ABC, AA (No tag required for this version)

PART A

("QUE SERA") SAILOR STEPS, VAUDEVILLE STEPS

- 1&2 Cross right behind left, step left to left side, step right to right side
- 3&4 Cross left behind right, step right to right side, step left to left side
- 5&6 Cross right over left, step left to left side, touch right heel forward to right diagonal
- & Step right beside left
- 7&8 Cross left over right, step right to right side, touch left heel to left diagonal
- & Step left beside right shoulder width apart

("MI") PUNCHING HAND WORK

- 9 Punch right arm forward and to left (keeping right arm stable)
- 10 Punch left arm forward and to right ending with left beneath right
- 11 Bring both hands slightly down rolling right hand under & left hand over in a circular movement (ending with palm of both hands facing up)
- 12 Reverse count 11 ending with both arms punched forward & crossed

("VIDA") SWINGING HAND WORK WITH ¼ TURN LEFT, 2 STOMPS FORWARD

The following movements should be with fists clenched

- 13 Swing right arm right and swing left arm towards right side of chest
- 14 Swing left arm left and swing right arm towards left side of chest turning ¼ left
- 15-16 Stomp right forward, stomp left forward

SHUFFLE STEPS FORWARD, SIDE ROCK, SYNCOPATED JAZZ BOXES BACK

- 17&18 Step right forward, cross left behind right, step right forward
- & Cross left behind right
- 19&20 Step right forward, cross left behind right, step right forward
- 21-22 Step left to left side, rock weight to right side
- 23&24 Cross left over right, step right back, step left to left side

2 SYNCOPATED JAZZ BOXES BACK, HIP BUMPS WITH ¼ TURN LEFT

- 25&26 Cross right over left, step left back, step right to right side
- 27&28 Cross left over right, step right back, step left to left side
- 29-32 Bump or roll hips right, left, right, left while turning ¼ left

REPEAT ABOVE 32 COUNTS

- 33-64 Repeat above 32 counts

PART B

ROCK STEP, ¼ TURN RIGHT WITH SIDE SHUFFLES, SIDE ROCK, SAILOR STEP

- 1-2 Rock right forward, rock weight back onto left
- 3& Step right to right side with ¼ turn right, step left beside right
- 4& Step right to right side, step left beside right
- 5-6 Rock right to right side, rock weight back to left foot
- 7&8 Cross right behind left, step left to left side, step right to right side

POINT, HITCH, CROSS SHUFFLE, POINT, HITCH, CROSS SHUFFLE

- 9-10 Point left to left side, raise/hitch left knee
11&12 Cross left over right, step right to right side, cross left over right
13-14 Point right to right side, raise/hitch right knee
15&16 Cross right over right, step left to left side, cross right over left

SYNCOPATED SIDE ROCKS, SIDE SWITCHES

- 17-18 Step left to left side, rock weight back to right side
& Step left beside right
19-20 Step right to right side, rock weight back to left side
& Step right beside left
21& Point left to left side, step left beside right
22& Point right to right side, step right beside left
23& Point left to left side, step left beside right
24 Point right to right side

REPEAT ABOVE 24 COUNTS

- 25-48 Repeat counts 1-24 of Part B

PART C

("GO") SLIDES, HIPS

- 1-4 Big step right to right side while sliding left beside right while turning $\frac{1}{4}$ left over (4) counts
5-8 Roll hips to the left over (4) counts
9-12 Big step left to left side while sliding right beside left while turning $\frac{1}{4}$ left over (4) counts
13-16 Roll hips to the right over (4) counts

MASHED POTATO STEPS, KICK BALL POINTS, STEP $\frac{1}{2}$ TURN

- &17 Swivel heels apart, swivel heels in sliding right forward
&18 Swivel heels apart, swivel heels in sliding right back
& Swivel heels apart
19&20 Kick right forward, step right beside left, point left to left side
21&22 Kick left forward, step left beside right, point right to right side
23-24 Step right forward, pivot $\frac{1}{2}$ turn left

REPETITIONS

- 25-32 Repeat counts (&17-24) of part c
33-64 Repeat counts (1-32) of part c
65-68 Walk forward right, left, right, left

EASY TAG

STEP $\frac{1}{2}$ TURN, TOGETHER, HOLD (REPEAT)

- 1-4 Step right forward, pivot $\frac{1}{2}$ turn left, step right beside left, hold for (1) count
5-8 Step left forward, pivot $\frac{1}{2}$ turn right, step left beside right, hold for (1) count

HEEL/TOE SWIVELS LEFT THEN RIGHT

- 9-11 Swivel both heels left, swivel both toes left, swivel both heels left
&12 Swivel both toes left, swivel both heels left
13-15 Swivel both heels right, swivel both toes right, swivel both heels right
&16 Swivel both toes right, swivel both heels right

Or you could always do traveling applejacks to either sides
