

Vida Loca

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: JJDancers
音乐: Livin' la Vida Loca - Ricky Martin



STEP FORWARD, HIP BUMPS

- 1 Place left foot slightly forward and slightly to left
- 2 Place right foot slightly forward and slightly to right
- 3-4 Two hip bumps right
- 5-6 Two hip bumps left
- 7-8 Two hip bumps right

BACK, FORWARD, HEAD TURN, HOLD, HIP GRIND ¼ TURN LEFT

- 9 Place left foot back
- 10 Place right foot forward
- 11 Turn head to look left - keeping feet still
- 12 Hold
- 13-16 Grind hips in circular motion twice to make ¼ turn left

GRAPEVINE RIGHT WITH ¼ TURN, JUMP FORWARD, JUMP BACK

- 17 Step to right foot to right side
- 18 Step left foot behind right foot
- 19 Step to right with right foot
- 20 Turn ¼ turn right and bring feet together
- 21-22 Jump forward feet apart (right, left)
- 23-24 Jump back feet apart (right left)

TOE SWITCHES

- 25 Point right toe out to right side
- 26 Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 27 Bring left foot back next to right foot, transfer weight and point right to out to right side
- 28 Hold
- 29 Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 30 Bring left foot back next to right foot, transfer weight and point right toe out to right side
- 31 Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 32 Hold

MONTEREY ½ TURN, TOE STRUTS

- 33 Bring left foot next to right foot, transfer weight and point right toe out to right side
- 34 Turn ½ turn right on ball of left foot, bring feet together
- 35 Point left toe out to left side
- 36 Bring feet together
- 37-38 Toe strut right toe in front
- 39-40 Toe strut left toe in front

STEP, SHIMMY & SLIDE

- 41-44 Step right foot to right side and shimmy, slide left foot next to right
- 45-48 Step left foot to left side and shimmy, slide right foot next to left

REPEAT

