

# Vida Loca

拍数: 76      墙数: 2      级数: Advanced  
编舞者: Lisa Collingwood (AUS)  
音乐: Mi Vida Loca - Pam Tillis



The dance begins on the first downbeat after the word "steel"

- 1&      Touch right toe to the side, bounce left heel on the spot  
2&      Touch right toe behind left, bounce left heel on the spot  
3&      Touch right toe to the side, stomp right together  
4      Stomp left together.
- 5&      Step left heel forward, pivot turning  $\frac{1}{2}$  turn to the right  
6&      Step left heel forward, pivot turning  $\frac{1}{2}$  turn to the right  
7&      Step left across right, stomp right on the spot  
8&      Stomp left together, stomp right together.
- 9&      Touch left toe to the side, bounce right heel on the spot  
10&      Touch left toe behind right, bounce right heel on the spot  
11&      Touch left toe to the side, stomp left together  
12      Stomp right together.
- 13&      Step right heel forward, pivot turning  $\frac{1}{2}$  turn to the left  
14&      Step right heel forward, pivot turning  $\frac{1}{2}$  turn to the left  
15&      Step right across left, stomp left on the spot  
16&      Stomp right together, stomp left together.
- 17&      Step left to the side, step right behind left  
18&      Step left to the side, scuff right through and hitch right  
19&      Bounce left heel while right is hitched, stomp right together  
20      Stomp left together.
- 21&      Step right heel forward, pivot turning  $\frac{1}{2}$  turn to the left  
22&      Step right heel forward, pivot turning  $\frac{1}{2}$  turn to the left  
23&      Step right across left, stomp left on the spot  
24&      Stomp right together, stomp left together.
- 25&      Step right to the side, step left behind right  
26&      Step right to the side, scuff left through and hitch left  
27&      Bounce right heel while left is hitched, stomp left together  
28      Stomp right together.
- 29      Step left across in front of right  
&      Pivot turning  $\frac{3}{4}$  turn right  
30&      Rock back onto right, rock forward onto left.  
31      Step right toe forward  
&      Pivot turning  $\frac{1}{2}$  turn left and step onto right heel  
32      Step left toe back  
&      Pivot turning  $\frac{1}{2}$  turn left and step onto left heel.
- 33      Step right toe forward

& Pivot turning  $\frac{1}{2}$  turn left and step onto right heel  
 34 Step left toe back  
 & Pivot turning  $\frac{1}{2}$  turn left and step onto left heel.

35 Stomp right toe in front of left with right heel pointing right  
 36& Step right heel in front of left, fan right toe to the right  
 37 Stomp left toe in front of right with left heel pointing left  
 38& Step left heel in front of right, fan left toe to the left.

39 Stomp right toe 1n front of left with right heel pointing right  
 40& Step right heel in front of left, fan right toe to the right  
 41 Stomp left toe in front of right with left heel pointing left  
 42& Step left heel in front of right, fan left toe to the left.

43& Step right heel forward, fan right toe to the right  
 44& Step left heel forward, fan left toe to the left.

45 Touch right heel forward  
 & Turning  $\frac{1}{4}$  turn right-hop on left and hitch right  
 46 Touch right toe to right side  
 & Turning  $\frac{1}{4}$  turn right-hop on left and hitch right.

47& Touch right heel forward, slap right toe to the floor  
 48 Stomp left slightly forward.

49 Step forward on left heel  
 & Step back on the ball of the right  
 50 Step together on the ball of the left  
 & Step forward on the right heel  
 51 Step back on the ball of the left  
 & Step together on the ball of the right  
 52 Stomp left slightly forward.

53 Touch left heel forward  
 & Turning  $\frac{1}{4}$  turn left-hop on right and hitch left  
 54 Touch left toe to left side  
 & Turning  $\frac{1}{4}$  turn left-hop on right and hitch left

55& Touch left heel forward, slap left toe to the floor  
 56 Stomp right slightly forward.

57 Step forward on right heel  
 & Step back on the ball of the left  
 58 Step together on the ball of the right  
 & Step forward on the left heel  
 59 Step back on the ball of the right  
 & Step together on the ball of the left  
 60 Stomp right slightly forward.

61 Turning  $\frac{1}{4}$  turn left-step right across in front of left  
 & Step left to the side  
 62& Step right in front of left, step left to the side  
 63& Step right behind left, step left to the side

64& Step right behind left, step left to the side  
65& Step right in front of left, step left to the side  
66& Step right behind left, step left to the side  
67 Stomp right slightly forward  
& Clap hands at head height in front of body  
68 Clap hands at head height in front of body.

69& Step left in front of right, step right to the side  
70& Step left in front of right, step right to the side  
71& Step left behind right, step right to the side  
72& Step left behind right, step right to the side  
73& Step left in front of right, step right to the side  
74& Step left behind right, step right to the side  
75 Stomp left slightly forward  
& Clap hands at head height in front of body  
76 Clap hands at head height in front of body.

### **REPEAT**

#### **Dance ends with**

1& Touch left toe to the side, bounce right heel on the spot  
2& Touch left toe behind right, pivot turning  $\frac{1}{2}$  turn left  
3&4 Cha-cha-cha : right-left-right.

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