

Vida Loca

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Norma Colvin
音乐: Livin' la Vida Loca - Ricky Martin



(USING LATIN MOTION) FORWARD & TOGETHER-REPEAT, HEEL & HEEL & STEP-TURN

- 1 Rock forward at an angle with right foot across in front of left/shift hip to left
- & Replace weight to left foot/shift hip to right
- 2 Step right foot beside left/shift hip to left
- 3 Rock forward at an angle with left foot across in front of right/same movement
- & Replace weight to right foot/same movement
- 4 Step left foot beside right/same movement
- 5 Touch right heel forward
- & Step right beside left
- 6 Touch left heel forward
- & Step left beside right
- 7 Step forward with right
- 8 Turn $\frac{1}{4}$ to left keeping weight on left foot
- 1-8 Repeat above steps...turning $\frac{1}{2}$ to left on count 8

KICK & CROSS, TRIPLE TO RIGHT (USING LATION MOTION RIGHT-LEFT-RIGHT)-REPEAT

- 1 Kick right foot forward
- & Replace weight onto right foot
- 2 Step across right foot with left
- 3 Step to right with right foot
- & Step left together with right
- 4 Step right foot to right
- 5-8 Repeat 1-4 beginning with left foot

POINT FRONT, SIDE, SLIDE TOGETHER, TURN-REPEAT

- 1 Point right toes to front
- 2 Point right toes to right side
- & Slide right foot together with left
- 3 Point left toes to left side
- 4 Pivot $\frac{1}{4}$ to left ending with weight on left foot
- 5-8 Repeat 1-4

KICK BALL OUT, STEP IN, IN (USING LATIN MOTION) -KICK BALL OUT, CROSS, TURN

- 1 Kick right foot forward
- & Return weight to right foot
- 2 Step left foot large step to left side
- 3 Step right foot in toward left foot-straightening left leg and shifting hip to left
- 4 Step left foot together with right-straightening right leg and shifting hip to right
- 5 Touch right heel forward
- & Step right foot to right side-using same leg and hip movement
- 6 Step left foot to left side-using same leg and hip movement
- 7 Cross right foot over left
- 8 Unwind-turning $\frac{1}{2}$ to left

REPEAT

