

Vida Loco (Crazy Life)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Caroline Robson (UK)
音乐: Livin' la Vida Loca - Ricky Martin



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|-------|---|
| 1-2- | Step forward right and hold |
| &3-4 | Lock left to right and step forward right, scuff left |
| 5&6 | Forward left shuffle |
| 7&8 | Side rock on right foot to right side and recover |
| | |
| 1-4 | Cross right over left, hold and clap, rock left to left side |
| 5-8 | Cross left over right, hold and clap, rock forward on right, recover weight onto left |
| | |
| 1&2 | Turning shuffle right left right |
| 3-4-5 | Walk left, right, left |
| 6-7-8 | Heel switches right, left, right |
| | |
| &1&2 | Lock left to right, step forward right - hold |
| &3&4 | Lock left to right, step forward right - hold |
| 5-6 | Left rock forward, recover weight on right |
| 7&8 | $\frac{3}{4}$ shuffle turn to left- left, right, left |
| | |
| 1-2 | Step right to side, left together |
| 3-4 | Step right, left together with Cuban hips |
| 5-8 | Body roll forward |
| | |
| 1-4 | Rock forward right into right side shuffle |
| 5-8 | Left rock forward into $\frac{1}{2}$ turn shuffle |

REPEAT
