

# La Vida

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: David Spencer (UK) - July 2008  
音乐: Viver A Vida (Gozar La Vida) - Julio Iglesias : (Album: Ao Meu Brasil)



**Intro: 32 count intro - Start on vocals**

**Make 1/4 Turn R, L Rock Forward, L Lock Step Back. 2 x 1/2 Turns Right, R Coaster Cross.**

1 2 3      Turn 1/4 R stepping R to R side. Rock forward on L. Recover back on R.  
4 & 5      Step back on L. Cross R over L. Step back on L.  
6 - 7      Turn 1/2 turn R stepping forward on R. Turn 1/2 turn R stepping back on L.  
8 & 1      Step back on R. Close L next to R. Cross R over L. [3.00]

**L Side Lunge Recover, L Coaster with 1/4 Turn L, Step Pivot 1/2 Turn L, R Shuffle Forward.**

2 - 3      Lunge L to L side. Recover back on R.  
4 & 5      Turn 1/4 turn L stepping back on L. Close R next to L. Step forward on L.  
6 - 7      Step forward on R. Pivot 1/2 turn L.  
8 & 1      R shuffle forward on R-L-R. [6.00]

**Make 3/4 Turn R, L Cross Rock Side Cross, 2 x 1/4 Turns R, Step Forward L.**

2 - 3      Turn 1/2 turn R stepping back on L. Turn 1/4 turn R stepping R to R side.  
4 & 5      Cross Rock L over R. Recover back on R. Step L to L side  
6 - 7      Cross R over L. Turn 1/4 turn R stepping back on L.  
8 - 1      Turn 1/4 turn R stepping R to R side. Step forward on L. [9.00]

**R Kick Flick. R Lock Step Forward. L Rock Forward. L Coaster Step.**

2 - 3      Kick R foot forward. Flick R foot back making 1/4 turn L on ball of L.  
4 & 5      Step forward on R. Lock L behind R. Step forward on R.  
6 - 7      Rock forward on L. Recover back on R.  
8 & 1      Step back on L. Close R next to L. Step forward on L. [6.00]

**R Step Forward. Pivot 1/2 turn L with Side Touch, L Behind & Cross, R Side Together, Chasse R.**

2 - 3      Step forward on R. Pivot 1/2 turn L keeping weight on R and touch L out to L side.  
4 & 5      Cross L behind R. Step R to R side. Cross L over R.  
6 - 7      Step R to R side. Close L next to R.  
8 & 1      Chasse R on R-L-R. [12.00]

**Cross Rock, Side Cross, 1/4 Turn R, 1/2 turn R, 1/4 Turn on L Chasse.**

2 - 3      Cross Rock L over R. Rock Back on R.  
4 - 5      Step L to L side. Cross R over L.  
6 - 7      Turn 1/4 turn R stepping back on L. Turn 1/2 Turn R stepping forward on R.  
8 & 1      Turn 1/4 R on L Chasse. [12.00]

**R Back Rock, Kick Ball Cross. 2 Sways, R Sailor 1/4 Turn R.**

2 - 3      Rock back on L behind R. Recover forward on L.  
4 & 5      Kick R foot forward. Step down and slightly back on L. Cross L over R.  
6 - 7      Sway hips R. Sway hips L.  
8 & 1      Cross R behind L. Turn 1/4 turn R stepping L next to R. Step slightly forward on R. [3.00]

**L Point Step Forward, R Kick Ball Step, R Rock Forward, R Shuffle 1/2 Turn R.**

2 - 3      Point L toe to L side. Step forward on L.  
4 & 5      Kick R foot forward. Step down on R. Step slightly forward on L .

6 – 7            Rock forward on R. Recover back on L.  
8 &            Turn 1/4 R stepping R to R side. Close L next to R [6.00]  
**(NB: Counts 8&1 complete a shuffle 1/2 turn R)**

**REPEAT**

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