

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
