

# Livin' La Vida Loca

COPPERKNOB  
STEPSHEETS

拍数: 24      墙数: 4      级数: Improver  
编舞者: Baila Baila Zumbido - October 2011  
音乐: Livin' la Vida Loca - Ricky Martin



Intro: 16 Counts. [00:11]. On vocals.

## §1: Weave R, Cross, Unwind $\frac{3}{4}$ R, Vine R, Unwind $\frac{1}{2}$ L, $\frac{1}{2}$ L Back

1&2&      Cross L over R, step R to R, cross L behind R, step R to R

3,4      Cross L over R, unwind  $\frac{3}{4}$  R [9:00]

**\*\*\* Restart here on wall 11 facing 12:00.**

5&6&      Step L to L, cross R behind L, step L to L, cross R over L

7,8      Unwind  $\frac{1}{2}$  L,  $\frac{1}{2}$  L step R back

## §2: $\frac{1}{4}$ L Fwd Toe Struts, Coaster Step (All with shoulder shimmies), Hip Rolls Turning $\frac{1}{2}$ R, Hip Rolls Turning $\frac{1}{2}$ L

1&2&       $\frac{1}{4}$  L point L fwd, slap L heel down, point R fwd, slap R heel down [6:00]

3&4      Step L back, step R beside L, step L fwd

**Styling : Shimmy your shoulders on counts 1-4.**

**\* Restart here on wall 3 facing 12:00 by adding: '&' Replace weight R**

5,6      [Rolling hips c/w turn  $\frac{1}{4}$  R [9:00]] x 2 [12:00]

7,8      [Rolling hips cc/w turn  $\frac{1}{4}$  L [9:00]] x 2 [6:00]

**Note: When rolling hips turning  $\frac{1}{4}$  R & back  $\frac{1}{4}$  L, there is no change in feet positions. Keep the feet position as it is on count 4.**

## §3: Side Point x 2, $\frac{1}{2}$ L Side Point, Close, Cross Kick, Side, Swivels $\frac{1}{4}$ L, Coaster Press, Coaster Step

1&2&      Point L to L twice,  $\frac{1}{2}$  L point L to L, step L beside R [12:00]

3&4      Cross kick R over L, step R to R, swivel both heels L, swivel both heels R to turn  $\frac{1}{4}$  L [9:00]

**\*\* Restart here on wall 7 facing 12:00.**

5&6      Step L back, step R beside L, press L fwd

7&8      Step R back, step L beside R, step R fwd

**Repeat!**

**Note: This dance is not totally phrased despite of the 3 restarts. It will be far too many restarts if it will to be fully phrased. Hence, I have chosen to restart the dance whenever you hear Ricky Martin sings "Upside Inside Out". I think this is the best way to keep the dance pattern in phrase as far as possible with the least restarts incurred.**