

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.