

Copa De La Vida

拍数: 72 墙数: 2 级数: Easy Intermediate
编舞者: CH Lim-Naidu - August 2012
音乐: La Copa De La Vida - Ricky Martin



Start after 48 counts - Sequence: 32, 72, 48, 72, 32, 72, tag(8), 32, tag(14), 72, 32

SAMBA, SAMBA, FORWARD, RECOVER ½ TURN, SHUFFLE FORWARD

1&2 R step over L, L step L, recover on R
3&4 L step over R, R step R, recover on L
5 – 6 R step forward, recover on L turning ½ L
7&8 Shuffle forward: R-L-R

1&2 L step over R, R step R, recover on L
3&4 R step over L, L step L, recover on R
5 – 6 L step forward, recover on R turning ½ R
7&8 Shuffle forward: L-R-L

SIDE, KICK, SIDE, KICK, OVER, SIDE, ½ R TURN SIDE, TOGETHER

1 – 4 R step R, kick L across R, L step L, kick R across L
5 – 8 R step over L, L step L, turning ½ R step R, L step together R

FORWARD, HITCH, FORWARD, ½ R TURN HITCH, BACK, KICK, COASTER

1 – 4 R step forward, hitch L, L step forward, turning ½ R hitch R
5 – 6 R step back, kick L
7&8 Back coaster: L-R-L

SIDE, SWEEP BEHIND, SIDE, SWEEP BEHIND, FORWARD, RECOVER, ½ TURN, SHUFFLE

1 – 4 R step R, L sweep behind R, L step L, R sweep behind L
5 – 6 R step forward, recover on L turning ½ L
7&8 Shuffle forward: R-L-R

1 – 4 L step L, R sweep behind L, R step R, L sweep behind R
5 – 6 L step forward, recover on R turning ½ R
7&8 Shuffle forward: L-R-L

PADDLE (4 TIMES), SAMBA, SAMBA

1&2&3&4& Paddle 1/8 to the L (4 times): R-L-R-L-R-L-R-L
5&6 R over L, L step L, recover on R
7&8 L over R, R step R, recover on L

BACK, KICK, BACK, KICK, COASTER, MAMBO

1 – 4 R step back, L kick forward, L step back, R kick forward
5&6 Back coaster: R-L-R
7&8 Mambo: L step forward, recover on R, L step tog R

VINE LEFT, VINE RIGHT

1 – 4 R step over L, L step L, R step behind L, L touch L
5 – 8 L step behind R, R step R, L step behind R, R touch R

Tag 1: (R step R, L touch by R, L step L, R touch by L) Twice

Tag 2: (.....) 3 times, stomp R twice raising R hand

Cheers & God bless
