

Amar Tu Vida (Love Your Life)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) - October 2012
音乐: Amar Tu Vida (feat. Dr. Bellido) - Elena



32 count intro start dancing (16 Sec)

Sec 1: [1-8] & Cross, Hold, & Cross, Hold, ¼ L & Step, ½ Pivot L, ¼ Pivot L.

- &1-2 Step Lf to the left, cross Rf over Lf, Hold. (12:00)
- &3-4 Step Lf to the left, cross Rf over Lf, Hold.
- &5-6 Turn ¼ left (9) step Lf forward, step Rf forward, turn ½ left (3) taking weight onto Lf.
- 7-8 Step Rf forward, turn ¼ left (12) taking weight onto Lf.

Sec 2: [9-16] Cross Rock, Recover, ½ R, Step, Side, Back Rock, Recover, Side, Touch.

- 1-2 Cross rock Rf forward, recover on Lf.
- 3-4 Turn ½ right (6) step Rf forward, step Lf to the left.
- 5-6 Rock Rf back, recover on Lf.
- 7-8 Step Rf to the right, touch Lf next to Rf.

Sec 3: [17-24] Side, Together, Side, Touch, ¼ R, Step, ½ R, Back, Back, Touch Fwd.

- 1-2 Step Lf to the left, step Rf next to Lf. (6:00)
 - 3-4 Step Lf to the left, touch Rf next to Lf.
- (Optional for count 17-20 making Chest pumps fwd).
- 5-6 Turn ¼ right (9) step Rf forward, turn ½ right (3) step Lf back.
 - 7-8 Step Rf back, touch Lf slightly forward weight onto Rf.

Sec 4: [25-32] L Lock Step, R Kick Fwd, Fwd Wobble, Knee Lift L.

- 1-3 Step Lf forward, lock Rf behind Lf, step Lf forward. (3:00)
- 4 Kick Rf forward.
- 5-7 Step Rf back in place, recover on Lf, recover on Rf.
- 8 Lift L knee up.

Sec 5: [33-40] Back Rock L, Recover, Step, ¼ L, Knee Lift, Cross, Side, R heel Grind ¼ R.

- 1-2 Rock Lf back, recover on Rf.
- 3-4 Step Lf forward, turn ¼ left (12) lift R knee up.
- 5-6 Cross Rf over Lf, step Lf to the left.
- 7-8 Heel grind with Rf (toes from left to right), turn ¼ right (3) step Lf back weight onto Lf.

Sec 6: [41-48] Back, Heel, Replace, Step, Syncopated Side Rocks L-R.

- 1-2 Step Rf back, bring L heel forward. (3:00)
- 3-4 Step Lf back in place, step Rf forward.
- 5-6 Rock Lf to the left, recover on Rf.
- &7-8 Step Lf next to Rf, rock Rf to the right, recover on Lf. **Tag**

* 4 count Tag here WALL 5 after 48 count (facing 12 o'clock) After Tag - Start again (facing 3 o'clock).

Sec 7: [49-56] Together, Side Rock, Recover, Behind, R Point, Cross, ¼ R, Back, Back, Heel.

- &1-2 Step Rf next to Lf, rock Lf to the left, recover on Rf. (3:00)
- 3-4 Step Lf behind Rf, point Rf out to right.
- 5-6 Cross Rf over Lf, turn ¼ right (6) step Lf back.
- 7-8 Step Rf back, bring L heel forward.

Sec 8: [57-64] L Lock Step, R Point Fwd, ¼ L, Side, L Point Fwd, Side, Cross.

- 1-3 Step Lf forward, lock Rf behind Lf, step Lf forward. (6:00)

4 Point Rf forward.
5-6 Turn ¼ left (3) step Rf to the right, point Lf forward.
7-8 Step Lf to the left, cross Rf over Lf. (3:00)

*** Tag: Syncopated Side Rocks L-R.**

1-2 Rock Lf to the left, recover on Rf.
&3-4 Step Lf next to Rf, rock Rf to the right, recover on Rf.

Start again and have fun!

Contact: smoothdancer79@hotmail.com
