

El Costo De Vida! (The Cost For Living!)

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Beginner
編舞者: Sebastiaan Holtland (NL) - October 2014
音樂: El Costo de la Vida - Juan Luis Guerra : (CD: Archivo Digital 4.4 - 2007)



#16 count intro start dancing at (08 sec). (No Tags, No Restarts).

Sec 1. [1-8] Side, Behind, ¼ L, Step, ¼ L, Hitch, Vine Right, Touch Together (Clap).

1-4 Step Lt to the left, step Rt behind Lt, turn ¼ left (9) step Lt slightly fwd, turn ¼ left (6) hitch R knee up.
5-8 Step Rt to the right, step Lt behind Rt, step Rt to the right, touch Lt together Rt (Clap).

Sec 2. [9-16] Side, Behind, ¼ L, Step, Hitch, Vine Right, Touch Together (Clap).

1-4 Step Lt to the left, step Rt behind Lt, turn ¼ left (3) step Lt slightly fwd, hitch R knee up.
5-8 Step Rt to the right, step Lt behind Rt, step Rt to the right, touch Lt together Rt (Clap).

Sec 3. [17-24] Side, Touch Together, Side, Touch Together, Side, Together, Side, Touch Together.

1-4 Step Lt to the left, touch Rt together Lt, step Rt to the right, touch Lt together Rt.
5-8 Step Lt to the left, step Rt together Lt, step Lt to the left, touch Rt together Lt.

Sec 4. [25-32] Side, Touch Together, Side, Touch Together, Step, ½ R, Back, Back, Small Touch Fwd.

1-4 Step Rt to the right, touch Lt together Rt, step Lt to the left, touch Rt together Lt.
5-8 Step Rt fwd, turn ½ right (9) step Lt back, step Rt back, touch Lt slightly fwd.

Sec 5. [33-40] Step, ¼ L, Back, Back, Small Touch Fwd, Fwd Heel Grind, Together, Hold.

1-4 Step Lt fwd, turn ¼ left (6) step Rt slightly to right, step Lt back, touch Rt slightly fwd.
5-8 Heel grind fwd with Rt (toes from L to R), recover on Lt, step Rt together Lt, Hold (weight onto Rt).

Sec 6. [41-48] Syncopated Rumba Box L, Hold, Syncopated Rumba Box R, Hold.

1-4 Step Lt to the left, step Rt next to Lt, step Lt slightly fwd, Hold.
5-8 Step Rt to the right, step Lt next to Rt, step Rt slightly back, Hold.

Sec 7. [49-56] Walk Half Circle, Hold, Walk Half Circle, Hold.

1-4 Turn ¼ right (3) walk Lt fwd, turn ¼ right (12) walk Rt fwd, walk Lt fwd, Hold.
5-8 Turn ¼ right (9) walk Rt fwd, turn ¼ right (6) walk Lt fwd, walk Rt fwd, Hold.

Start again and have fun!

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