

Danza La Vita (Dance is Life)

COPPER KNOB
BY SHEETS

拍數: 64
編舞者: Ira Weisburd (USA) - January 2015
音樂: Tramonto rosso - Loco loquito

牆數: 4

級數: Intermediate Cha Cha rhythm



Intro: 32 counts – Start on vocal at 20 secs - No Tags !!! No Restarts !!!

PART I. (LINDY R; LINDY L)

1&2 Step R to R, Step close L to R, Step R to R
3-4 Step back on L, recover forward on R
5&6 Step L to L, Step close R to L, Step L to L
7-8 Step back on R, Recover forward on L

PART II. R HEEL GRIND WITH 1/4 TURN R, RECOVER BACK ON L , ROCK BACK ON R, RECOVER FORWARD ON L; R HEEL GRIND WITH 1/4 TURN R, RECOVER BACK ON L , ROCK BACK ON R RECOVER FORWARD ON L)

1-2 Step R heel forward and grind to R, making 1/4 R turn, Step back onto L (Face 3:00)
3-4 Step R back, Recover forward onto L
5-6 Step R heel forward and grind to R, making 1/4 R turn, Step back onto L (Face 6:00)
7-8 Step R back, Recover forward onto L

PART III. (R TRIPLE STEP FORWARD, PIVOT 1/2 TURN R; L TRIPLE STEP FORWARD, PIVOT 1/4 TURN L)

1&2 Step R forward, Step close L to R, Step R forward
3-4 Step L forward, Pivot 1/2 turn R onto R (Face 12:00)
5&6 Step L forward, Step close R to L, Step L forward
7-8 Step R forward, Pivot 1/4 turn L on L (Face 9:00)

PART IV. (CROSS ROCK RECOVER WITH R, R TRIPLE STEP; CROSS ROCK RECOVER WITH L, TRIPLE 1/2 TURN L)

1-2 Step R across L, Recover back on L
3&4 Step R to R, Step close L to R, Step R to R
5-6 Step L across R, Recover back on R
7&8 Make 1/2 L turn in 3 steps (L,R,L) (Face 3:00)

PART V. (4 PROGRESSIVE SIDE MAMBO CROSS STEPS)

1&2 Step R to R, Recover on L to L, Step R across L (moving slightly forward)
3&4 Step L to L, Recover on R to R, Step L across R (moving slightly forward)
5&6 Step R to R, Recover on L to L, Step R across L (moving slightly forward)
7&8 Step L to L, Recover on R to R, Step L across R (moving slightly forward)

PART VI. (1/4 HINGE TURN L, TRIPLE HALF TURN L; ROCK BACK ON L, RECOVER ON R, FORWARD L TRIPLE)

1-2 Step R back, Make 1/4 turn L onto L (Face 12:00)
3&4 Step R forward, Make 1/4 turn L onto L, Step R forward making 1/4 turn L (Face 6:00)
5-6 Step L back, Recover forward on R
7&8 Step L forward, Step close R beside L, Step L forward

PART VII. (REPEAT PART V. 1-8)

PART VIII. (REPEAT PART VI. 1-8) (Face 9:00)

REPEAT DANCE.

Ending: Last 4 counts of the music do a VOLTA 3/4 Turn L to end facing 12:00

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