

Bachata La Vida

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Eva Pau (CAN) - February 2015
音樂: Para Una Amiga Especial



#32 count Intro – to be done after 16 count of music

- .1st section – Rumba box
- .2nd section – Left rolling vine, disco touches
- .3rd section – Right rolling vine, disco touches
- .4th section – Hip sways, back rock recover x 2

S1: RUMBA BOX

- 1-4 Step L fwd, touch R together, step R to R, step L together
- 5-8 Step R back, touch L together, step L to L, step R together

S2: L ROLLING VINE, TOUCH, R CHASSE, BACK ROCK RECOVER

- 1-4 Step L fwd ¼ L, step R back ½ L, step L to L ¼ L, touch R together
- 5&6 7-8 Step R to R, step L together, step R to R, rock L back, recover to R

S3: L WEAVE, FWD ROCK RECOVER, ½ L FWD SHUFFLE

- 1-4 Step L to L, step R behind L, step L to L, cross R over L
- 5-6 7&8 Rock L fwd, recover to R, shuffle fwd L R L ½ turn L

S4: CROSS, SIDE ROCK RECOVER CROSS, SIDE, BEHIND, ¼ R, STEP PIVOT ½ R

- 1-2&3-4 Cross R over L, rock L to side, recover to R, cross L over R, step R to R
- 5-8 Step L behind R, step R fwd ¼ turn R, step L fwd, pivot ½ turn R

S5: FWD ROCK RECOVER, FWD SHUFFLE L & R

- 1-2 3&4 Rock L fwd, recover to R, shuffle fwd L R L
- 5-6 7&8 Rock R fwd, recover to L, shuffle fwd R L R

S6: CROSS, ¼ L, ¼ L, FWD, ROCKING CHAIR

- 1-4 Cross L over R, step R back ¼ turn L, step L fwd ¼ turn L, step R fwd
- 5-8 Rock L fwd, recover to R, rock L back, recover to R

Restart here at 3rd wall (facing 3:00)

S7: SIDE ROCK RECOVER, HIP SWAYS, SIDE ROCK RECOVER, SAILOR SHUFFLE ¼ R

- 1-2 3&4 Rock L to L, recover to R, sway L R L
- 5-6 7&8 Rock R to R, recover to L, step R behind L ¼ turn R, step L together, step R fwd

S8: STEP PIVOT ½ R, ¼ R, TOUCH, SIDE SHUFFLE, BACK ROCK RECOVER

- 1-4 Step L fwd, pivot ½ turn R, step L to L ¼ R, touch R together
- 5&6 7-8 Side shuffle R L R, rock L back, recover to R

TAG = 1st & 2nd section of dance to be done at the end of 1st & 5th wall (facing 9:00)