

Livin' La Vida Loca

COPPERKNOB
STEPSHEETS

拍數: 36 牆數: 4 級數: Improver
編舞者: Martie Papendorf (SA) - April 2015
音樂: Livin' la Vida Loca - Ricky Martin



Start on vocals.

S1: BUMP FWD, BACK, FWD, BUMP BACK, FWD, BACK, SAMBA ¼ RIGHT, STEP, SIDE, TOUCH

1&2 Bump R hip fwd opening body to left side, Bump L hip back, Step R fwd,
3&4 Bump L hip back, Bump R hip fwd, Step L back,
5&6& Step R fwd making a ¼ turn right, Rock L to left side, Recover R to right side, [3.00] Step L to
left side
7,8 Step R big step to right side, Touch L to R [3.00]

S2: L SWAY, &, SWAY, R SWAY, &, SWAY, &, SIDE, TOGETHER, FWD, ROCK, RECOVER ¼ LEFT, SIDE

1&2 Step and sway L to left side, Step and sway R to right side, Sway L to left side,
3&4& Sway R to right side, Sway L to left side, Sway R to right side, Sway L to left side,
5&6 Step R to right side, Step L next to R, Step R fwd,
7&8 Rock L fwd, Recover R back making a ¼ turn left, Step L to left side [12.00]

TAG added here during wall 1 to Restart wall 2 facing 12.00.

S3: PADDLE 1/8 LEFT 2x, BEHIND, SIDE, CROSS, SIDE, TOGETHER, FWD, ROCK, RECOVER BACK ¼ RIGHT, FWD ¼ RIGHT

1& Step R fwd, Make a paddle turn 1/8 left stepping L to left side,
2& Step R fwd, Make a paddle turn 1/8 left stepping L to left side, [9.00]
3&4 Cross R behind L, Step L to left side, Step R across L,
5&6 Step L to left side, Step R next to L, Step L fwd,
7&8 Rock R fwd, Recover L back making a ¼ turn right [12.00], Step R fwd making a ¼ turn right
[3.00]

S4: STAMP, HOLD, SYNCOPATED ROCKING CHAIR, STAMP ¼ LEFT, KICK, BEHIND, SIDE, CROSS

1,2 Stamp L to left side, Hold,
3&4& Rock R across L, Recover L back, Rock R back, Recover L fwd,
5,6 Turn ¼ left and stamp R to right side, Kick L out to left diagonal, [12.00]
7&8 Cross L behind R, Step R to right side, Step L across R [12.00]

S5: BACK, FWD, ROCK FWD ¼ RIGHT, RECOVER, SIDE, &

1,2 Step R back pointing L fwd [weight fwd, left heel off floor], Step L fwd,
3&4& Rock R fwd making a ¼ turn right, Recover L to left side, Step R to right side, [3.00] Step L
next to R [3.00]

START AGAIN

TAG added after sec.2, during wall 1, facing 12.00 to restart [wall 2] also facing 12.00.

BUMP FWD, BACK, FWD, BUMP BACK, FWD, BACK, SAMBA FWD, STEP, SIDE, TOGETHER

1&2 Bump R hip fwd opening body to left side, Bump L hip back, Step R fwd,
3&4 Bump L hip back, Bump R hip fwd, Step L back,
5&6& Step R fwd, Rock L to left side, Recover R to right side, Step L to left side,
7,8 Step R to right side, Step L next to R [12.00]

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