

# Para Toda La Vida

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Jennifer Jou (TW) - November 2016  
音樂: Para toda la vida - Marcela Morelo



Introduction : 48 counts

Sequence : 32/32/Tag /32/32/32/Tag /32/32/32/32/Tag /32/32/32/Ending Pose

## Sec 1 : Back, Recover, Side Touch, Forward, Cross, Recover, Side Touch, Bump Hip

1-4            Rock RF back, recover onto LF, touch RF to right side, step RF forward  
5-6            Cross step LF over RF, recover onto RF  
7&8           Touch LF to left side and bump hips left

## Sec 2 : Cross Over, 1/4 Turn Left, Back, Hook, Forward, 1/2 Turn Left, hook, Shuffle Forward

1-4            Cross step LF over RF, make 1/4 turn left stepping RF back, step LF back, hook RF over LF (9:00)  
5-6            Step RF forward, make 1/2 turn left on right ball and hook LF over RF (3:00)  
7&8            Step LF forward, step RF beside LF, step LF forward

## Sec 3 : 1/4 Turn Left, Side Rock, Recover, Sailor Step Right, Cross Over, 1/4 Turn Left, Back, Chasse Left

1-2            Make 1/4 turn left rocking RF to right side, recover onto LF (12:00)  
3&4            Step RF behind LF, step LF to left side, step RF to right side  
5-6            Cross step LF over RF, make 1/4 turn left stepping RF back (9:00)  
7&8            Step LF to left side, step RF beside LF, step LF to left side

## Sec 4 : Forward, 1/2 turn Left, Flick, Shuffle Forward, Forward, Recover, Coaster Step

1-2            Step RF forward, make 1/2 turn left recovering onto LF and flicking RF  
3&4            Step RF forward, step LF beside RF, step RF forward  
5-6            Rock LF forward, recover  
7&8            Step LF back, step RF beside LF, step LF forward

## Tag (16 counts):

### [1-8] □ Mambo R, Mambo L, (Rock Back, Recover, Beside ) X2

1&2            Rock RF to right side, recover onto LF, step RF beside LF  
3&4            Rock LF to left side, recover onto RF, step LF beside RF  
5&6            Rock RF back, recover, step RF beside LF  
7&8            Rock LF back, recover, step LF beside RF

### [9-16] □ Out, Out, In, In, (Side, Drag) x 2

1-4            Step RF forward and to the right diagonal, step LF forward and to the left diagonal, return and step RF back, step LF next to RF  
5-8            Step RF to right side, drag LF toward RF with shimmy shoulders, step LF to left side, drag RF toward LF with shimmy shoulders

Have Fun !!

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