

Para Toda la Vida

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Wil Bos (NL) - July 2018
音樂: Para toda la vida - Marcela Morelo



Intro : 32 counts from the hard beat

Cross Over, 3/4 Unwind L, Step-Lock-Step with a 1/2 Turn L, Walk L,R Back, Coaster 1/4 Turn L with a Cross

1-2-3 LF. Step to L side - RF. Cross over LF - 3/4 Unwind L (03:00)
4&5 Step lock step 1/2 turn L stepping R,L,R (09:00)
6-7 LF. Step back - RF. Step back
8&1 LF. Step back - RF. 1/4 Turn L small step back - LF. Cross over RF (06:00)

Side Rock, Recover, Sailor 1/2 Turn R, Side Rock, Recover, Sailor,

2-3 RF. Rock to R side - LF. Recover
4&5 RF. Cross behind LF with a 1/2 turn R - LF. Small step to L side - RF. Cross over LF (12:00)
6-7 LF. Rock to L side - RF. Recover
8&1 LF. Cross behind RF - RF. Step to R side (*restart 1 & 3) - LF. Step to L side

Hold, & Point & Point, Cross Rock, Recover, 1/4 Turn R, Step-Lock-Step

2 Hold
&3&4 RF. Step together - LF. Point to L side - LF. Step together - RF. Point to R side
5-6 RF. Cross rock over LF - LF. Recover
7 RF. 1/4 Turn R step fwd (03:00)
8&1 LF. Step fwd. RF. Lock behind LF - LF. Step fwd

Step Fwd and Flick, Step Back, Step-Lock-Step Bwd, Step Back, Coaster Step Fwd

2-3 RF. Step fwd and flick LF behind RF - LF. Step back
4&5 RF. Step back - LF. Lock across RF - RF. Step back
6-7 LF. Step back and Pop R-knee fwd - RF. Recover
8&1 LF. Step fwd - RF. Step beside LF - LF. Step back

Full Turn R, 1/4 Turn R Step Side, Together, Hip Bumps, Sailor 1/4 Turn L

2-3 RF. 1/2 Turn R step fwd - LF. 1/2 Turn R step back (03:00)
4&5 RF. 1/4 Turn R step to R side - LF. Step together - RF. Step to R side push hips to R (06:00)
6-7 Push hips to L - Push hips to R
8&1 LF. Cross behind RF with a 1/4 turn L - RF. Small step to R side - LF. Step fwd (03:00)

Walk R,L Fwd, Cross Samba, Cross Rock, L Chasse

2-3 RF. Step fwd - LF. Step fwd
4&5 RF. Cross over LF - LF. Rock to L side - RF. Recover
6-7 LF. Cross rock over RF - RF. Recover
8&1 LF. Step to L side - RF. Step together (**restart 2) - LF. Step to L side

Cross Rock, R Chasse, Cross Over, Unwind Full Turn R, 1/8 Turn R Step-Lock-Step Bwd

2-3 RF. Cross rock over LF - LF. Recover
4&5 RF. Step to R side - LF. Step together - RF. Step to R side
6-7 LF. Cross over RF - Unwind full turn R (weight on RF)
8&1 LF. 1/8 Turn R step back - RF. Lock across LF - LF. Step back (04:30)

Back Rock, Recover, Kick-Ball-Step, Step Fwd, 5/8 Spiral Turn L, Step Side, Together

2-3 RF. Back rock - LF. Recover (04:30)

4&5 RF. Kick fwd - RF. Step beside LF - LF. Step fwd
6-7 RF. Step fwd - 5/8 Spiral turn L hitch L-knee (09:00)
8& LF. Step to L side - RF. Step together

Start Again

- * Restart 1: In wall 2 after count 16&, count 8& of the 2nd block
- ** Restart 2: In wall 4 after count 48&, count 8& of the 4th block
- * Restart 3: In wall 7 after count 16&, count 8& of the 2nd block

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