

# 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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