

La Copa De La Vida (Cup of Life)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandy Carty Hodges (USA) - December 2007
音樂: La Copa De La Vida - Ricky Martin



NO TAGS/NO RESTARTS

Intro: 16 cts. (after the 3rd " Do you really want it)

Set 1: TRIPLE, ROCKSTEP, 1/2 TURN LEFT TRIPLE, ROCK STEP.

1&2,3,4: Triple RLR, rock forward on left recover back on right foot doing a 1/2 turn to left.

5&6,7,8: Triple LRL rock forward on right, recover back on left foot.

TRIPLE RLR, TURNING 1/2 TURN RIGHT, CONTINUE 1/2 TURN RIGHT TRIPLE LRL , SWAY HIPS RLRL

1&2,3&4, Triple RLR while turning 1/2 right, continue turning 1/2 right doing a triple LRL.

5-8: Sway hips RLRL

Set 3: SAMBAS, RIGHT JAZZ BOX 1/4 TURN RIGHT.

1&2,3&4, Cross right over left, rock out on left, recover to right side on right foot, cross left over right, rock to right on right foot, recover to left side on left foot.

5-8: Cross right over left, step to left side on left foot, 1/4 turn right, step on right foot, step left foot next to right foot.

Set 4: JAY WALK, ROCK RECOVER 1/2 TURN RIGHT

1-4: Step right foot across left, point left toe to left side, cross left foot across right, point right toe to right side,

5-8: Rock forward on right foot ,recover back on left foot making 1/2 turn to right, step on right foot, step forward on left foot.

End of Dance. Start again and have fun with this one. (sandyutah82@gmail.com). THANK YOU ARIEL!!!

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