

La Vida Es Bella

COPPER KNOB
STEPSHEETS

拍數: 30 牆數: 4 級數: Beginner - Slow Foxtrot
編舞者: Clara Ayats (FR) - March 2019
音樂: 'La vita è bella' by Nicola Piovani (from the movie's soundtrack Life is Beautiful)
(65 bpm) – Non country



Re-start on the 3rd wall after count 20

[1-8]: R Rumba box, upper body sway to R and L, Chasse to R

1&2 RF step side R, LF step together, RF step fwd
3&4 LF step side L, RF step together, LF step back
5-6 RF step side R and sway upper body to R, change weight to L with sway upper body to L
7&8 RF step side R, LF close feet change weight, RF step side R

[9-16]: ¼ turn L Coaster Step, Chasse fwd, Spot turn to R close feet step fwd, Spot turn to L close feet 2 walk fwd

1&2 LF cross behind RF, ¼ turn L RF step together, LF step fwd
3&4 RF step fwd, LF lock behind RF, RF step fwd
5&6 LF step fwd, ½ turn R RF close to LF, LF step fwd
7&8& RF step fwd, ½ turn L LF close to RF, RF walk fwd, LF walk fwd

[17-24]: Upper body sway to R and L x2, Chasse diagonal to L, Hitch, Wave to R

1-2 RF step side R and sway upper body to R, change weight to L with sway upper body to L
3-4 Change weight to R with sway upper body to R, change weight to L with sway upper body to L
5&6& RF step diagonally L over LF, LF lock behind RF, RF step diagonally L fwd, L knee makes a hitch while changing movement direction to R (still facing 9:00)
7&8& LF cross over RF, RF step side R, LF cross behind RF, RF step side R

[25-30]: ½ Step turn R x2, Jazz box, fwd Hook R

1-2 LF step fwd, ½ turn R RF step fwd
3-4 LF step fwd, ½ turn R RF step fwd
5&6& LF cross over RF, RF step back, LF step L, R leg makes a hook over L leg
