

Mi Vida Loca

拍數: 72 牆數: 2
編舞者: Sascha Wolf (DE) - June 2019
音樂: Mi Vida Loca - Pam Tillis

級數: Phrased Improver



Sequence: 2 Party: ABB* ABB A*BB**Tag

Part A (4x8) : Stomp Up, Heel Tap, Points

1 RF Stomp up before LF
2 3 4 RF heel lift and heel tap (u can slip ur RF foot a little bit forward). Bring ur weight on RF at 4
5&6& LF point to side, LF touch to RF, LF point to side, LF small step back
7&8& RF point to side, RF small step back, LF point to side, 1/4 turn to left with LF small step back

Dance Part A another three times, so u have one complete Round.

Part A*(2x8)

Same Steps, but u just dance it 2 time instead of 4 times. So u end at 6 o'clock

Part B (8x8)

B1. Mambo fwd, Mambo bwd

1234 RF step forward, Bring weight to LF, RF step slight back, hold
5678 LF step back, Bring weight to RF, LF step slight fwd, hold

B2. Samba Step

1234 RF step to side, LF on place, RF cross over LF, hold
5678 LF step to side, RF on place, LF cross over LF, hold

B3. Coaster Step, Shuffle

1234 RF step to side, 1/4 turn to left while LF close to RF, RF step fwd, hold
5678 LF step forward, RF step to LF, LF step fwd, hold

B4. Mambo step turn, Chassé turn

1234 RF step fwd, Bring weight back to LF and start to turn, 1/4 turn to right and RF step to side
5678 Chassé turn with 3/4 turn to right (LF step to side, RF close to LF, LF back)

B5. Coaster Step, Shuffle

1234 RF back, LF close to RF, RF step fwd, hold
5678 LF step forward, RF step to LF, LF step fwd, hold

B6. Step turn, Weave

1234 RF step fwd and 1/4 turn to left, LF step on place, RF Cross over LF, hold
5678 LF to side, RF cross behind LF, LF to side, RF cross over LF

B7. Box, Side, Point

1234 LF to side, RF close to LF, LF step fwd, hold
5678 RF to side, LF close to RF, RF point to side, hold

B8. Flick, Step Tour

1234 RF flick behind Left knee, RF point to side, RF flick behind Left knee, hold
5678 RF step to side, LF point to to RF, FL step to side, RF point to LF

Part B* dance till „4. Mambo step turn, Chassé turn“ and stop your turn after 1/2 and start the Dance new beginning with Part A

Part B dance till „4. Mambo step turn, Chassé turn“ with ur head to audience at 8**

Tag: Batucada or Step touches backward with a 1/4 turn to right at Arms Ending

1-8 RF diagonal back, LF point to RF, LF diagonal back, RF point to RF, RF diagonal back, LF pot to RF, RF diagonal back, LF pot to RF while u turn 1/4 to right, Arms up
