

Mi Vida Contigo

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4
編舞者: mBah Wir (INA) - September 2019
音樂: Mi Vida Contigo - Leticia

級數: Easy Intermediate Cha Cha



Dance Sequence: 32-40-32-32-32-40-32-32-32-32-32-8

Intro: 20 Count

S1: WALK, WALK, TURN ¼ LEFT BACK, LEFT CHASSE, FORWARD ROCK, RECOVER, BACK LOCK SHUFFLE

1-3 Walk forward R (1), L (2), Make ¼ turn L step R back (3) (9.00)
4&5 Step L to side (4), Step R next to L (&), Step L to side (5)
6-7 Rock R forward (6), Recover on L (7)
8&1 Step R back (8), Cross L over R (&), Step R back (1)

S2: REVERSE TURN ½ LEFT, FORWARD LOCK SHUFFLE, FORWARD, ROCK RECOVER, BACK LOCK SHUFFLE

2-3 Touch L toe back (2), Make ½ turn L (3)
4&5 Step R forward (4), Lock L behind R (&), Step R forward (5)
6-7 Rock L forward (6), Recover on R (7)
8&1 Step L back (8), Cross R over L (&), Step L back (1)

S3: SIDE ROCK, RECOVER, BEHIND CROSS, SIDE, CROSS OVER, TURN ¼ RIGHT BACK, SIDE, FORWARD LOCK SHUFFLE

2-3 Rock R to side (2), Recover on L (3)
4&5 Cross R behind L (4), Step L to side (&), Step R to side (5)
6-7 Make ¼ turn R step L back (6), Step R to side (7) (6.00)
8&1 Step L forward (8), Lock R behind L (&), Step L forward (1)

S4: OUTSIDE TOUCH, HITCH, CROSS SHUFFLE, TURN ¼ RIGHT, TOUCH, DROP, TURN ½ TOUCH, DROP

2-3 Touch R outside R (2), Hitch R over L (3)
4&5 Cross R over L (4), Step L to side (&), Cross R over L (5)
6-7 Make ¼ turn R touch L toe back (6), Drop L heel (7) (9.00)
8-1 Make ½ turn R touch R forward (8), Drop R heel (1) (3.00)

S5: WALK, WALK, FULL TURN LEFT, FORWARD ROCK, RECOVER, BACK, TOGETHER

2-3 Walk forward L (2), R (3)
4&5 Step L forward (4), Make ½ turn L Step R back (&), Make ½ turn L step L forward
6-7 Rock R forward, Recover on L
8& Step R back, Step L next to R

Begin again

For more information about this dance please contact me at: gieprod@yahoo.com