

Salsa La Vida

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - August 2020
音樂: El Carnaval de Celia: A Tribute (La Vida es un Carnaval / La Negra Tiene
Tumbao / Ríe y Llorá) - KYEN?ES?



Intro: 16c from music

I. FWD MAMBO, BACK MAMBO, SIDE, CROSS, CHASSE ¼ TURN L

1&2 Step R fwd, recover on L, step R back
3&4 Step L back, recover on R, step L fwd
5&6 Step R to side, recover on L, cross R over L
7&8 Step L to side, close R beside L, ¼ Turn L stepping L fwd (9.00)

II. TOE STRUT R-L, CHASSE, CROSS TOUCH, SIDE TOUCH, COASTER ¼ TURN

1&2& Touch R in place, drop R, touch L in place, drop L
3&4 Step R to side, close L beside R, step R to side
5&6 Touch L over R, touch L to side
7&8 ¼ Turn L stepping L behind R, close R beside L, step L fwd (6.00)

III. DIAGONAL SHUFFLE R-L, FWD, COASTER STEP

1&2 Step R to diagonal right, lock L behind R, step R to diagonal right
3&4 Step L to diagonal left, lock R behind L, step L to diagonal left
5-6 Step R fwd, recover on L
7&8 Step R back, close L beside R, step R fwd

IV. SIDE, BEHIND, SIDE, CROSS, HIP BUMPS, CROSS BACK, ¼ TURN L

1-2 Rock L to side, recover on R
3&4 Cross L behind R, step R to side, cross L over R
5-6 Touch R to diagonal right and hip bumps twice
7&8 Cross R behind L, ¼ turn L stepping L fwd (3.00)

Restart: on wall 3 after 16c facing 12.00, wall 9 after 20c facing 9.00

Enjoy the dance!

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