

La Vida Loca

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Herman Baso (INA) - December 2020
音樂: La Vida Loca - Taiyol



No Tag, No Restart

Start Dancing after 32 Counts intro

S1# SIDE TOUCH WITH HEELS (OUT - IN - OUT) - CROSS BEHIND - SIDE - CROSS OVER

1&2 touch R to side with heels (out, in, out)
3&4 cross R behind L, step L to side, cross R over L
5&6 touch L to side with heels (out, in, out)
7&8 cross L behind R, step R to side, cross L over R

S2# MAMBO - ¼ PIVOT TO LEFT - MODIFIED L WEAVE WITH CLOSE

1&2 step R forward, recover on L, close R next to L
3&4 step L back, recover on R, close L next to L
5&6& step R fwd, ¼ turn to left weight on L, cross R over L, step L to side
7&8 cross R behind L, step L to side, close R next to L

S3# BATUCADA - COASTER STEP - ½ PIVOT TO RIGHT - STEP FORWARD

1&2 step R back, hold, move hips out with the feet on toes
3&4 step L back, hold, move hips out with the feet on toes
5&6 step R back, close L next to R, step R fwd
7&8 step L fwd, ½ pivot to right weight on R, step L fwd

S4# DIAMOND - SIDE - RECOVER - CLOSE - STEP FWD - ¼ TURN - CLOSE

1&2 step R fwd, step L to side, ¼ turn to right then step R to side with L hitch
3&4 step L back, R to side, cross L over R
5&6 step R to side, recover on L, close R next to L
7&8 Step L fwd, ¼ turn to right weight on R, close L next to R

Enjoy the dance...

Keep Line Dancing, Get Sweaty, And Stay Healthy!!!

Best Regards, Herman Baso
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