

La Vida Es Una

COPPER **KNOB**
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Herman Baso (INA) - January 2023
音樂: La Vida Es Una - KAROL G : (From Puss in Boots: the last wish)



Intro : 24 counts

Note : 1x Restart on wall 9 after 16C

S1# CROSS RECOVER SIDE (R - L) - CROSS OVER - RECOVER - SIDE - CROSS SHUFFLE

1&2 cross RF behind LF, recover on LF, step RF to side
3&4. cross LF behind RF, recover on RF, step LF to side
5&6 cross RF over LF, recover on LF, step RF to side
7&8. cross LF over RF, step RF to side, cross LF over RF

S2# SIDE - CROSS TOUCH - 1/4 SHUFFLE TURN - 1/2 PIVOT - WALK FWD (R - L)

1, 2 step RF to side, cross touch LF behind RF
3&4 step LF to side, close RF next to LF, 1/4 turn left step LF fwd
5, 6 step RF fwd, 1/2 turn Left tap LF in place
7. 8. Step RF fwd, step LF fwd

RESTART HERE ON WALL 9

S3# FORWARD MAMBO - BACKWARD MAMBO - SIDE MAMBO (R - L)

1&2 step RF fwd, recover on LF. Step RF back
3&4 step LF backward, recover on RF, step LF fwd
5&6 step RF to side, recover on LF, close RF next to LF
7&8 step LF to side, recover on RF, close LF next to RF

S4# 1/4 JAZZ BOX TURN - 1/2 PIVOT - 1/4 PIVOT

1, 2 cross RF over LF, 1/4 turn right step LF back
3, 4 step RF to side, cross LF over RF
5, 6 step RF fwd, 1/2 turn Left tap LF in place
7, 8 step RF fwd, 1/4 turn Left tap LF in Place

REPEAT

HAPPY DANCING

I hope you enjoy the dance move
And I look forward to see your demo version

Best Regards,
Herman Baso
Contact me by:
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