

Viva La Vida

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Elisabeth Elkuch-Heid (CH/LIE) & Lizzy Raphaela - July 2023
音樂: Viva la vida - Juan Daniél



A B B A (48 Counts) B B B

Part A: (64 Counts)

[1-8] Cross Touch R & L Fwd, Cross Touch Behind R & L Backwards (Optional Shimmy Shoulders)

1-4 Cross Step R over L, Touch L to L, Cross Step L over R, Touch R to R
5-8 Cross Step R behind L, Touch L to L, Cross Step L behind R, Touch R to R

[9-16] JazzBox 1/4 Turn R 2x (6)

1-4 Cross Step R over L, Step L Back 1/8 Turn R, Step R 1/8 Turn R, Step L next to R
5-8 Repeat 1-4 (6)

[17-32] Repeat 1-16 (12)

[33-40] Mambo R Fwd, Mambo L Back, Mambo R Side, Mambo L Side

1&2 Step R Fwd, Recover L, Step R Back
3&4 Step L Back, Recover R, Step L Fwd
5&6 Step R to R Side, Recover L, Step R next to L
7&8 Step L to L Side, Recover R, Step L next to R

[41-48] Side Together, Cha Cha Cha (Chassée R), Cross Rock Recover, Chassée L

1,2 Step R to R, Step L next to R
3&4 Step R to R, Step L next to R, Step R to R
5,6 Step Cross L over R, Recover R
7&8 Step L to L, Step R next to L, Step L to L

[49-56] Weave L, Cross Rock Recover, Chassée R

1-4 Step Cross R over L, Step L to L, Step Cross R behind L, Step L to L
5,6 Step Cross R over L, Recover L
7&8 Step R to R, Step L next to R, Step R to R

[57-64] Mambo L Fwd, Mambo R Back, Mambo L Side, Mambo R Side

1&2 Step L Fwd, Recover R, Step L Back
3&4 Step R Back, Recover L, Step R Fwd
5&6 Step L to L, Recover R, Step L next to R
7&8 Step R to R, Recover L, Step R next to L

Part B: (32 Counts)

[1-8] Touch Cross, Side, Cross, Flick, Cross Rock Recover, Cross Shuffle

1-4 Touch R over L, Touch R to Side R, Touch R over L, Flick R
5,6 Cross Step R over L, Recover L
7&8 Cross Step R over L, Step L slightly to L, Cross Step R over L

[9-16] Touch Cross, Side, Cross, Flick, Cross Rock Recover, Cross Shuffle

1-4 Touch L over R, Touch L to Side L, Touch L over R, Flick L
5,6 Cross Step L over R, Recover R
7&8 Cross Step L over R, Step R slightly to R, Cross Step L over R

[17-24] Big Step Side, Drag L, Move (HipSways) to L-R-L with Arm Movements, Drag R, Rock Back Recover

- 1,2 Step R to R (Arms apart), Drag L towards R
3-6 Step L to L & Hips to L, R, L (with Arm Movements), Drag R to L
7,8 Rock R Back, Recover L

[25-32] Step Turn 1/2 L 2x, Jazz Box

- 1-4 Step R Fwd, 1/2 Turn L, Step R Fwd, 1/2 Turn L
5-8 Cross Step R over L, Step L Back, Step R to R, Step L next to R

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Lizzy's Line Dance
