

Vivir Mi Vida (비비르 미 비다)

COPPERKNOB
STEP SHEETS

拍數: 32 牆數: 2 級數: High Improver
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音樂: Vivir Mi Vida - Marc Anthony
或: C'est la vie - Khaled
或: Hayya Hayya (Better Together) (Metal Version) - Yony Gutierrez



Start : after 32C
Sequence: A B A A A B A A A B A A A B
No Tag, No Restart

Part A : 32count

S1 CROSS SAMBA R&L, SAMBA DIAMOND 1/4 TURN RIGHT

1&2 Cross RF over LF(1), Step LF to side(&), Step RF in place(2)
3&4 Cross LF over RF(3), Step RF to side(&), Step LF in place(4)
5&6& Cross RF over LF(5), Step LF diagonally side (&), Step RF backward(6), Step LF Hitch(&)
7&8 Turn to right 1/4 Step LF behind RF(7), Step RF side(&), Step LF forward(8) (3:00)

S2 SAMBA WHISK R-L, 1/4 TURN LEFT, SAMBA WHISK R, BOUNCE HEELS

1a2 Step RF to side(1), Step LF cross behind RF(a), Step RF in place(2)
3a4 Step LF to side(3), Step RF cross behind LF(a), Step LF in place(4)
5a6 Turn to left 1/4 Step RF to side(5), Step LF cross behind RF(a), Step RF in place(6) (12:00)
7a8 Step LF beside RF(7), Heels up(a), down(8)

S3 KICK BALL SIDE□2 , BACK SAMBA R-L

1&2 Kick RF forward(1), Step RF close to LF(&), Point LF to side(2)
3&4 Kick LF forward(3), Step LF close to RF(&), Point RF to side(4)
5&6 Cross RF behind LF(5), Step LF to side(&), Step RF in place(6)
7&8 Cross LF behind RF(7), Step RF to side(&), Step LF in place(8)

S4 MAMBO FORWARD, MAMBO BACK, 1/8 TURN LEFT WITH SHIMMY×4

1&2 RF Rock forward(1), Recover LF(&), Step RF beside LF(2)
3&4 LF Rock back(1), Recover RF(&), Step LF beside RF(4)
5-6 Turn to left 1/8 With side touch & shimmy weight LF(5), Turn to left 1/8 With side touch & shimmy weight LF(6)
7-8 Turn to left 1/8 With side touch & shimmy weight LF(7), Turn to left 1/8 With side touch & shimmy weight LF(8)

[Part B : 32C]

S1 WALK, WALK, ROCK STEP, 1/2 SHUFFLE TURN LEFT

1-2 Step RF forward(1), Step LF forward(2)
3&4 Step RF forward(3), Rock LF behind RF(&) Step RF forward(4)
5-6 LF Rock forward(5) Recover(6)
7&8 1/4 Turn L Step LF side(7), Step RF beside LF(&), 1/4 Turn L LF forward(8)

S2 PIVOT 1/2 TURN SHUFFLE, ROCK STEP, COASTER STEP

1-2 Step RF forward(1), Pivot 1/2 Turn L LF forward(2)
3&4 Step RF forward(3), Rock LF behind RF(&) Step RF forward(4)
5-6 LF Rock forward(5), Recover(6)
7&8 Step LF back(7), Step RF beside LF(&), Step LF forward(8)

S3 WEAVE, CROSS ROCK, CHASSE

1-4 Cross RF over LF(1), Step LF to L(2), Cross RF behind LF(3), Step LF to L(4)
5-6 Cross rock RF over LF(5), Recover LF(6)
7&8 Step RF to side(7), Step LF close to RF(&), Step RF to side(8)

S4 WEAVE, CROSS ROCK, CHASSE

1-4 Cross LF over RF(1), Step RF to R(2), Cross LF behind RF(3), Step RF to R(4)
5-6 Cross rock LF over RF(5), Recover RF(6)
7&8 Step LF to side(7), Step RF close to LF(&), Step LF to side(8)

ending: after Part B 16count last wall

Enjoy Dancing!

Contact

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