

# A La Vida Mambo!

COPPER KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Low Improver  
編舞者: Helaine Norman (USA) - January 2025  
音樂: Vivir Mi Vida - Marc Anthony



Intro: 64 (on vocal)

No tags or restarts

Note: During the long intro feel free to be creative and mambo free style your way.

## I. SIDE, TOGETHER, SIDE-MAMBO; SIDE, TOGETHER, SIDE-MAMBO

1-2            Step R side, step L together  
3&4           Rock R side, recover to L, step R together  
5-6           Step L side, step R together  
7&8           Rock L side, recover to R, step L together

## II. KICK BALL TOUCH, SIDE-MAMBO; ½ L-TURN HINGE, FORWARD, FORWARD-MAMBO

1&2           Kick R forward, step R together, touch L together  
3&4           Rock L side, recover to R, step L together  
5&6           Making ¼ turn left step R back, step L (6:00), step R forward  
7&8           Rock L forward, recover to R, step L back

## III. SAILOR, ¼ R-TURN SAILOR WITH CROSS OVER; SAMBA X2

1&2           Step R behind L, step L side, step R side  
3&4           Making ¼ turn right step L behind R (9:00), step R side, step L over R  
5&6           Rock R side, recover to L, step R over L  
7&8           Rock L side, recover to R, step L over R

Optional for 1&2: **BACK MAMBO:** Making slight turn to right diagonal rock R behind L (1), return to 6:00 to step R side (&), step L side (2)

Suggested styling for 5&6, 7&8: Move forward to dance the sambas.

## IV. SIDE-ROCK, CROSSING SHUFFLE; SIDE-ROCK CROSSING SHUFFLE

1-2           Rock R side, recover to L  
3&4           Step R over L, step L side, step R over L  
5-6           Rock L side, recover to R  
7&8           Step L over R, step R side, step L over R

REPEAT

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