

Mi Vida

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Yanz Vian (INA) & Cindy Elsy (INA) - January 2025
音樂: Vivir Mi Vida - Marc Anthony



Sequence : A-B-C-A-B-B-C-A-B-A-B-B-B (Start from 24 Counts)

Intro 32 Counts

A. 32 Counts

I. Cross Samba, Forward Mambo Turn ½ R, Pivot ½ Turn R

1&2 Cross Rf Over Lf, Step Lf to Left Side, Recover on Rf
3&4 Cross Lf over Rf, Step Rf to Right Side, Recover on Lf
5&6 Rock Rf forward, Recover on Lf, ½ turn R step Rf forward
7&8 Step L forward, ½ turn R weight on Rf, Step Lf forward

II. Touch Cross-Side, Cross Samba

1-2 Cross touch Rf toe over Lf, touch Rf toe to right side
3&4 Cross Rf over Lf, step Lf to left side, recover on Rf,
5-6 Cross touch Lf toe over Rf, touch Lf toe to left side
7&8 Cross Lf over Rf, step Rf to right side, recover on Lf

III. Forward Mambo, Jazz Box

1&2 Rock Rf forward, Recover on Lf, Step Rf next to Lf
3&4 Rock Lf forward, Recover on Rf, Step Lf next to Rf
5-8 Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

IV. Repeat Section III

B. 32 Counts

I. Chasse

1&2 Step Rf to right side, Step Lf next to Rf, Step Rf to right side
3&4 Step Lf to left side, Step Rf next to Lf, Step Lf to left side
5&6 Repeat 1&2
7&8 Repeat 3&4

II. Cumbia

1&2 Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
3&4 Rock cross Lf behind Rf, Recover on Rf, Step Lf to left side
5&6 Repeat 1&2
7&8 Repeat 3&4

III. Cross Shuffle, Jazzbox

1&2 Cross Rf over Lf, step Lf to L, cross Rf over Lf
3&4 Cross Lf over Rf, step Rf to R, cross Lf over Rf
5-8 Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

IV. V Step, Cumbia, Full Turn Triple Step

1-2 Step Rf diagonal forward, Step Lf diagonal forward (out-out)
3-4 Step Rf diagonal back, Close Lf next to Rf (in-in)
5&6 Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
7&8 ½ turn L step Lf forward, ¼ turn L step Rf back, ¼ turn L step Lf forward

C. 32 Counts

I. Full Diamond with Hitch

- 1&2& Cross Rf over Lf, Step Lf slightly to L turning $\frac{1}{8}$ turn R, Step Rf back, Hitch Lf knee (1:30)
3&4& Step Lf behind Rf, Step Rf to R turning $\frac{1}{4}$ turn R, Step Lf forward, Hitch Rf knee (4:30)
5&6& Cross Rf over Lf, Step Lf slightly to L turning $\frac{1}{4}$ turn R, Step Rf back, Hitch Lf knee (7:30)
7&8 Step Lf behind Rf, Step Rf to R turning $\frac{1}{4}$ turn R, Step Lf forward (12:00)

II. Rock Forward With Body Weave, Recover

- 1-2 Rock Rf forward with body weave
3-4 Recover on Lf, Step Rf next to Lf
5-6 Rock Lf forward with body weave
7-8 Recover on Rf, Step Lf next to Rf

III. Repeat Section I

IV. Forward Mambo, V Step, Shimmy Shimmy

- 1&2 Rock Rf forward, Recover on Lf, Step Rf next to Lf
3&4 Rock Lf forward, Recover on Rf, Step Lf next to Rf
5-6 Step Rf diagonal forward, Step Lf diagonal forward (out-out)
7-8 Shimmy Shoulder
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