

La Vida Loca

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Karen Bleuer (USA)
音樂: Livin' la Vida Loca - Ricky Martin



Modified from Boogie Back To Texas. First 48 counts of Boogie Back To Texas with added 16 counts choreographed by Karen Bleuer

HEEL STRUTS MOVING FORWARD

1-8 Step right heel forward, step down on right toe, step left heel forward, step down on left toe, repeat first four counts one time (weight is left)

BASIC STEP TOGETHER RIGHT

1-8 Step right to right, step left beside right, repeat this twice more then, step right to right touch left beside right (weight is right)

TOE STRUTS MOVING BACK

1-8 Step left toe back, step down on left heel, step right toe back, step down on right heel, repeat first four counts one time (weight is right)

BASIC STEP TOGETHER LEFT, SCUFF WITH ¼ TURN LEFT

1-6 Step left to left, step right beside left, repeat this twice more
7-8 Turn ¼ left stepping left forward, scuff right beside left (weight is left)

PADDLES TURNS COMPLETING A FULL TURN LEFT

1-8 Step right forward, recover weight left making a ¼ turn left - repeat these two counts three more times

HIP PUSH FORWARD, HOLD - BACK, HOLD HIP PUSH FORWARD - BACK WITHOUT HOLDS

1-2 Stepping right heel forward keep weight on both feet as you push hips forward right, hold for one count
3-4 Keeping weight on both feet push hips back left, hold for one count
5-8 Push hips forward right, back left, forward right, back left (weight is left)

MOVING JAZZ BOX WITH HOLD - RIGHT, LEFT

1-4 Step right in front of left, step left d back, step right to right, hold for one count
5-8 Step left in front of right, step right back, step left to left, hold for one count
9-16 Repeat count 49-56 one time (weight will be left)

REPEAT
