

Latin Vida

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Martin Dale (UK)
音樂: Livin' la Vida Loca - Ricky Martin



Use Cuban hip action throughout

FORWARD ROCK/BACK ROCK/SIDE ROCK/TURN

1-2 Step forward on left foot, rock back on to right
3-4 Step back on left foot, rock forward on to right foot
5-6 Step left foot left side, rock back on to right foot while turning $\frac{1}{2}$ turn to left
7 Step left foot next to right
8 Hold

FORWARD ROCK/BACK ROCK/SIDE ROCK/TURN

1-2 Step forward on right foot, rock back on to left
3-4 Step back on right, rock forward onto left foot
5-6 Step right foot right side, rock back on to left foot while turning $\frac{1}{2}$ turn to right
7 Step right foot next to left
8 Hold

LEFT VINE /TURN /SCUFF/FORWARD ROCK/ BACK ROCK

1-2 Step left foot to left side, cross right foot behind left
3-4 Step left foot to left side while turning $\frac{1}{4}$ to left, scuff right foot forward
5-6 Step forward on right foot, rock back on to left foot
7-8 Step back on right foot, rock forward on to left foot

WALKS/LOCKSTEP

1-2 Walk forward right foot
3-4 Walk forward left foot
5-6 Step forward right, lock left foot behind right
7 Step forward right
8 Hold

PIVOT $\frac{1}{2}$ TURN RIGHT/ $\frac{1}{2}$ PIVOT TURN RIGHT/COASTER

1-2 Step forward on left foot, pivot $\frac{1}{2}$ turn right
3-4 Step forward on left foot, pivot $\frac{1}{2}$ turn right while keeping weight on left foot
5-6 Step back on right foot, step left foot together
7 Step forward on right foot
8 Hold

$\frac{1}{4}$ ROCK TURNS

1-2 Turn $\frac{1}{4}$ right while stepping side left (bump hips left), rock back on to right foot
3-4 Repeat steps 1-2
5-6 Repeat steps 1-2
7-8 Repeat steps 1-2

REPEAT
