

# 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

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