

Livin' La Cha Cha

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Improver
編舞者: Debi Dillow (USA) & Lisa Wagner
音樂: Livin' la Vida Loca - Ricky Martin



ROCK-STEP, STEP, STEP, CROSS-ROCK-TOUCH, 1 ½ TURNING TRIPLE

1& Rock-step left forward; step right in place
2& Step left beside right; step right out to right side
3& Cross-step left over right; step right out to right side
4 Touch left out to left side
5-6 Turning ¼ left, step on left; turning ½ left, step on right foot
7-8 Shuffle left, right, left turning ¾ left

RIGHT AND LEFT MAMBO STEPS, PIVOT TURNS

9&10 Rock-step right to right side; step left in place; step right beside left
11&12 Rock-step left to left side; step right in place; step left beside right
13-14 Step right foot forward; pivot ½ turn left onto left foot
15-16 Step right foot forward; pivot ½ turn left onto left foot

RIGHT SIDE STEPS, RIGHT SIDE SHUFFLE, LEFT SIDE STEPS, LEFT SIDE SHUFFLE

17-18 Step right foot to right side; step left beside right
19&20 Step right to right side; step left together; step right to right side
21-22 Step left foot to left side; step right beside left
23&24 Step left to left side; step right together; step left to left side

STEP-LOCK STEP, TRIPLE STEP; STEP, KICK & TURN ½, TRIPLE STEP

25-26 Step left foot forward; lock-step right foot behind left heel
27&28 Step left foot forward; step right together; step left forward
29-30 Step left forward; kick right foot into ½ turn left
31&32 Step right foot forward; step left together; step right forward

SLIDE STEPS, DIAGONAL SHUFFLE, SLIDE STEPS, DIAGONAL SHUFFLE

33-34 Step left foot on left forward diagonal; step right foot on right diagonal
35&36 Shuffle left, right, left moving on left diagonal
37-38 Step right foot on right forward diagonal; step left on left forward diagonal
39&40 Shuffle right, left, right moving on right diagonal

KICK-BALL-TOUCH, ¼ TURNING SHUFFLE, SAILOR SHUFFLES

41&42 Kick left foot forward; step on left in place; touch right toe back
43&44 Shuffle right, left, right turning ¼ right & moving right
45&46 Cross-step left behind right; rock-step right to right side; step left in place
47&48 Cross-step right behind left; rock-step left to left side; step right in place

KICK-BALL-TOUCH, ¼ TURNING SHUFFLE, SAILOR SHUFFLES

49&50 Kick left foot forward; step on left in place; touch right toe back
51&52 Shuffle right, left, right turning ¼ right & moving right
53&54 Cross-step left behind right; rock-step right to right side; step left in place
55&56 Cross-step right behind left; rock-step left to left side; step right in place

REPEAT

