

Livin' Loca

COPPERKNOB
STEPSHEETS

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



GRIND RIGHT HEEL FORWARD & ROCK RIGHT FOOT BACK, STEP TOUCH RIGHT & LEFT AT 45 DEGREES WITH OPTIONAL SHIMMIES

- 1-4 Rock forward on right heel, with right toe turned in, fan right toe out as you recover weight back onto left, rock back on right foot & recover weight forward onto left
- 5-6 (Turning body 45 degrees left) step right foot to right side (2:00) touch left foot next to right, shimmying shoulders (optional)
- 7-8 Step left foot to left side (7:00) touch right foot next to left, shimmy shoulders (optional)

ROCK IN PLACE BACK & FORWARD TWICE, GRIND RIGHT HEEL FORWARD & ROCK RIGHT FOOT BACK

- 1-2 (Turning body a further 45 degrees left so that you are facing left hand wall) step right foot back sinking weight into the right hip as you do so & popping left knee forward, straightening left leg push weight forward into left hip & pop right knee
- 3-4 Straighten right leg as you sink back into the right hip again, popping left knee forward, bend alternate arm forward at elbow when the opposite knee is bending
- 5-8 (Repeat the first 4 counts of dance) rock forward on right heel, with right toe turned in, fan right toe out as you recover weight back onto left, rock back on right foot & recover weight forward onto left

DOUBLE SIDE STEP RIGHT (CUBAN MOTION). LEAN TO LEFT, RECOVER, FLICK & HOOK TURNING ¼ LEFT

- 1-2 Step right foot to right side, (bending right knee with hips to left side), step left foot next to right, (bending left knee & shifting hips to right)
- 3-4 Step right foot to right side, (bending right knee with hips to left side), touch left foot next to right, (bending left knee & shifting hips to right)
- 5-6 Step left foot to left side & rock onto left, then recover weight back onto right
- 7-8 Kick left foot across in front of right leg (towards original front wall). On ball of right foot turn ¼ left, hooking left foot across right knee

STEP, LOCK, STEP, SCUFF, 2 ¼ PIVOT TURNS LEFT

- 1-4 Step left foot forward, lock right foot behind left foot. Step left foot forward, scuff right heel forward
- 5-8 Step right foot forward, pivot turn ¼ left. Step right foot forward, pivot turn ¼ left

GRAPEVINE RIGHT TURNING ½ RIGHT. STEP TOUCH TO LEFT & CLAP, STEP RIGHT, TURN ¼ LEFT & KICK LEFT FOOT

- 1-4 Step right foot to right, cross left foot behind right, step right foot to right turning ¼ turn right, complete another ¼ turn right & scuff left foot next to right
- 5-6 Step left foot to left side touch right foot next to left & clap
- 7-8 Step right foot to right side, turn ¼ left & kick left foot out in front

STEP LEFT, RIGHT, LEFT & TOUCH WHILE COMPLETING ½ TURN LEFT, FINISH WITH 4 "ELVIS" KNEE POPS

- 1-2 Turn ¼ left & step left foot to left side, continue turning another ¼ left & step right foot forward
- 3-4 Step left foot forward, touch right foot next to left foot
- 5-8 Step right foot to right side bending left knee inwards, straighten left leg & bend right knee inwards. Straighten right leg bending left knee inwards, straighten left leg & bend right knee inwards

REPEAT
