

(El Baile De Una) Vida Loca

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 0 級數:
編舞者: Fred Rapoport (USA)
音樂: Mi Vida Loca - Pam Tillis



CHA-CHAS

- 1 Step to left with left
- 2-3 Rock back on right, forward on left
- 4&5 Cha-cha to right (right-left-right)
- 6-7 Rock forward on left, back on right
- 8&9 Cha-cha to left (left-right-left)
- 10-11 Rock back on right, forward on left
- 12&13 Cha-cha forward (right-left-right)
- 14 Step forward on left
- 15 Step to right (approximately 2'-3') on right
- 16 Touch left next to right

SWIVELS AND TOUCHES

- 17 Step back (approximately 1') on left
- 18 Touch right in front of left
- 19 Step back (approximately 1') on right
- 20 Touch left in front of right
- 21 Step back (approximately 1') on left
- 22 Touch right in front of left
- 23 Step back (approximately 1') on right
- 24 Touch left in front of right

MERENGUE SIDE STEPS

- 25 Step to left (approximately 6") on left
- &26 Slide right next to left, shift weight to right
- 27 Step to left (approximately 6") on left
- &28 Slide right next to left, shift weight to right
- 29 Step to left (approximately 6") on left
- &30 Slide right next to left, shift weight to right
- 31 Step to left (approximately 6") on left
- &32 Slide right next to left, shift weight to right

REPEAT
