Vida Loca

拍數: 48 **牆數:** 2 **級數:** Improver
編舞者: JJDancers
音樂: Livin' la Vida Loca - Ricky Martin

STEP FORWARD, HIP BUMPS

1	Place left foot slightly forward and slightly to left
2	Place right foot slightly forward and slightly to right
3-4	Two hip bumps right
5-6	Two hip bumps left
7-8	Two hip bumps right

BACK, FORWARD, HEAD TURN, HOLD, HIP GRIND ¼ TURN LEFT

9	Place left foot back
10	Place right foot forward
11	Turn head to look left - keeping feet still
12	Hold
13-16	Grind hips in circular motion twice to make ¼ turn left

GRAPEVINE RIGHT WITH ¼ TURN, JUMP FORWARD, JUMP BACK

17	Step to right foot to right side
18	Step left foot behind right foot
19	Step to right with right foot
20	Turn ¼ turn right and bring feet together
21-22	Jump forward feet apart (right, left)
23-24	Jump back feet apart (right left)

TOE SWITCHES

25	Point right toe out to right side
26	Bring right foot back next to left foot, transfer weight and point left toe out to left side
27	Bring left foot back next to right foot, transfer weight and point right to out to right side
28	Hold
29	Bring right foot back next to left foot, transfer weight and point left toe out to left side
30	Bring left foot back next to right foot, transfer weight and point right toe out to right side
31	Bring right foot back next to left foot, transfer weight and point left toe out to left side
32	Hold

MONTEREY ½ TURN, TOE STRUTS

33	Bring left foot next to right foot, transfer weight and point right toe out to right side
34	Turn ½ turn right on ball of left foot, bring feet together
35	Point left toe out to left side
36	Bring feet together
37-38	Toe strut right toe in front
39-40	Toe strut left toe in front

STEP, SHIMMY & SLIDE

41-44	Step right foot to right side and shimmy, slide left foot next to right
45-48	Step left foot to left side and shimmy, slide right foot next to left

REPEAT