

Vida Loca

拍數: 76 牆數: 2 級數: Advanced
編舞者: Lisa Collingwood (AUS)
音樂: Mi Vida Loca - Pam Tillis



The dance begins on the first downbeat after the word "steel"

- 1& Touch right toe to the side, bounce left heel on the spot
2& Touch right toe behind left, bounce left heel on the spot
3& Touch right toe to the side, stomp right together
4 Stomp left together.
- 5& Step left heel forward, pivot turning $\frac{1}{2}$ turn to the right
6& Step left heel forward, pivot turning $\frac{1}{2}$ turn to the right
7& Step left across right, stomp right on the spot
8& Stomp left together, stomp right together.
- 9& Touch left toe to the side, bounce right heel on the spot
10& Touch left toe behind right, bounce right heel on the spot
11& Touch left toe to the side, stomp left together
12 Stomp right together.
- 13& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
14& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
15& Step right across left, stomp left on the spot
16& Stomp right together, stomp left together.
- 17& Step left to the side, step right behind left
18& Step left to the side, scuff right through and hitch right
19& Bounce left heel while right is hitched, stomp right together
20 Stomp left together.
- 21& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
22& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
23& Step right across left, stomp left on the spot
24& Stomp right together, stomp left together.
- 25& Step right to the side, step left behind right
26& Step right to the side, scuff left through and hitch left
27& Bounce right heel while left is hitched, stomp left together
28 Stomp right together.
- 29 Step left across in front of right
& Pivot turning $\frac{3}{4}$ turn right
30& Rock back onto right, rock forward onto left.
31 Step right toe forward
& Pivot turning $\frac{1}{2}$ turn left and step onto right heel
32 Step left toe back
& Pivot turning $\frac{1}{2}$ turn left and step onto left heel.
- 33 Step right toe forward

& Pivot turning $\frac{1}{2}$ turn left and step onto right heel
 34 Step left toe back
 & Pivot turning $\frac{1}{2}$ turn left and step onto left heel.

35 Stomp right toe in front of left with right heel pointing right
 36& Step right heel in front of left, fan right toe to the right
 37 Stomp left toe in front of right with left heel pointing left
 38& Step left heel in front of right, fan left toe to the left.

39 Stomp right toe 1n front of left with right heel pointing right
 40& Step right heel in front of left, fan right toe to the right
 41 Stomp left toe in front of right with left heel pointing left
 42& Step left heel in front of right, fan left toe to the left.

43& Step right heel forward, fan right toe to the right
 44& Step left heel forward, fan left toe to the left.

45 Touch right heel forward
 & Turning $\frac{1}{4}$ turn right-hop on left and hitch right
 46 Touch right toe to right side
 & Turning $\frac{1}{4}$ turn right-hop on left and hitch right.

47& Touch right heel forward, slap right toe to the floor
 48 Stomp left slightly forward.

49 Step forward on left heel
 & Step back on the ball of the right
 50 Step together on the ball of the left
 & Step forward on the right heel
 51 Step back on the ball of the left
 & Step together on the ball of the right
 52 Stomp left slightly forward.

53 Touch left heel forward
 & Turning $\frac{1}{4}$ turn left-hop on right and hitch left
 54 Touch left toe to left side
 & Turning $\frac{1}{4}$ turn left-hop on right and hitch left

55& Touch left heel forward, slap left toe to the floor
 56 Stomp right slightly forward.

57 Step forward on right heel
 & Step back on the ball of the left
 58 Step together on the ball of the right
 & Step forward on the left heel
 59 Step back on the ball of the right
 & Step together on the ball of the left
 60 Stomp right slightly forward.

61 Turning $\frac{1}{4}$ turn left-step right across in front of left
 & Step left to the side
 62& Step right in front of left, step left to the side
 63& Step right behind left, step left to the side

64& Step right behind left, step left to the side
65& Step right in front of left, step left to the side
66& Step right behind left, step left to the side
67 Stomp right slightly forward
& Clap hands at head height in front of body
68 Clap hands at head height in front of body.

69& Step left in front of right, step right to the side
70& Step left in front of right, step right to the side
71& Step left behind right, step right to the side
72& Step left behind right, step right to the side
73& Step left in front of right, step right to the side
74& Step left behind right, step right to the side
75 Stomp left slightly forward
& Clap hands at head height in front of body
76 Clap hands at head height in front of body.

REPEAT

Dance ends with

1& Touch left toe to the side, bounce right heel on the spot
2& Touch left toe behind right, pivot turning $\frac{1}{2}$ turn left
3&4 Cha-cha-cha : right-left-right.
