

Dancin' La Vida Loca

拍數: 48 牆數: 0 級數:
編舞者: Lynn Miller (UK) & Stewart Gibbs (UK)
音樂: Livin' la Vida Loca - Ricky Martin



GRAPEVINE LEFT & TOUCH, GRAPEVINE RIGHT & TOUCH

1-4 Step left to left side, right behind left. Step left to left side, right toe touch
5-8 Step right to right side, left behind right. Step right to right side, left to touch

HEEL PIVOT ¼ TURN LEFT WITH TOE TOUCH. FULL MONTEREY TURN

1-2 Left heel pivot ¼ turn over left shoulder, right toe touch beside left
3-6 Touch right to right side on ball of foot, pivot ½ turn right, stepping right beside left. Touch right to right side on ball of foot, pivot ½ turn right, stepping right beside left

2X RIGHT TOE TOUCHES AND RIGHT GRAPEVINE, 2 LEFT TOE TOUCHES, LEFT GRAPEVINE

1-4 Step right to right side, return to side, step right to right side, return to side
5-8 Step right to right side, left behind right. Right to right side, left touch
9-12 Step left to left side, return to side, step left to left side, return to side
13-16 Step left to left side, right behind left. Left to left side, right touch

PIVOT ¼ TURN RIGHT, TOE TOUCH AND JAZZ BOX (SLOW)

1-2 Pivot ¼ turn over right shoulder. Right toe touch
3-6 Cross step left over right. Step right back. Step left to left side. Step right beside left

SHUFFLE FORWARD, LOCK STEP (TWICE)

1&2 Shuffle forward on right, lock left behind right
3&4 Shuffle forward on left, lock right behind left

MONTEREY TURN ½ TURN, ¼ TURN RIGHT (MAKING ¾ TURN IN ALL)

1-3 Touch right to right side on ball of foot, pivot ¼ turn over right shoulder, left to left step left beside right

SYNCOPATED VINE, KNEE HITCH, ¼ TURN, KNEE POPS

1-4 Step left to left side, cross right over left. Left to left side, right behind left
5-8 Left to left side, cross right over left. Left to left side, right behind left
9-10 Pivot on right foot over left shoulder ¼ turn. Toe touch with knee hook 11-14(optional) knee pops x 4 starting with right knee

REPEAT
