

Cup Of Life

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Carol Mckee (AUS)
音樂: The Cup of Life - Ricky Martin



RIGHT VINE BALL CHANGE, LEFT VINE BALL CHANGE

1-2-3 Step right to right, step left behind right, step right to right
& Step left beside right
4 Step weight back on right
5-6-7 Step left to left, step right behind left, step left to left
& Step right beside left
8 Step weight back on left

ROCK FORWARD & BACK, ROCK BACK & FORWARD, ROCK FORWARD & BACK STEP TURNING ½ TURN, STEP TURNING ½ TURN

1-2-3-4 Rock forward on right, rock back on left, rock forward on right, rock back on left
5-6 Rock forward on right, rock back on left
7-8 Step back on right turning ½ turn right, step forward on left turning ½ turn right

17-24 Rock forward & back, rock back & forward, step turning ½ turn step turning ½ turn, rock back & forward

1-2-3-4 Rock back on right, rock forward on left, rock forward on right, rock back on left
5-6 Step back on right turning ½ turn right, step forward on left turning ½ turn right
7-8 Rock back on right, rock forward on left

TRAVELING STEP BALL CHANGES

1&2 Step forward on right in front of left, step to the left on ball of left foot, step weight back on right
3&4 Step forward on left in front of right, step to the right on ball of right foot, step weight back on left
5&6 Step forward on right in front of left, step to the left on ball of left foot, step weight back on right
7&8 Step forward on left in front of right, step to the right on ball of right foot, step weight back on left

RIGHT VINE BALL CHANGE, LEFT VINE BALL CHANGE

1-2-3 Step to right on right, step left behind right, step right to right
& Step left beside right
4 Step weight back on right
5-6-7 Step to left on left, step right behind left, step left to left
& Step right beside left
8 Step weight back on left

STOMP HOLD, & STOMP HOLD, & STOMP, STOMP, COASTER STEP (RIGHT SIDE)

1-2 Stomp right forward 45 degrees right, hold,
& Step on ball of left next to right
3-4 Stomp right forward 45 degrees right, hold
& Step on ball of left next to right
5-6 Stomp right forward 45 degrees right, stomp left to left
7&8 Step back on right, step back on ball of left, step forward on right

STOMP HOLD, & STOMP HOLD, & STOMP, STOMP, COASTER STEP (LEFT SIDE)

- 1-2 Stomp left forward 45 degrees left, hold
- & Step on ball of right next to left
- 3-4 Stomp left forward 45 degrees left, hold
- & Step on ball of right next to left
- 5-6 Stomp left forward 45 degrees left, stomp right to right
- 7-8 Step back on left, step back on ball of right, step forward on left

MODIFIED ROLLING VINE RIGHT & CLAPS, MODIFIED ROLLING VINE LEFT & CLAPS

- 1-2-3 Step right to right turning $\frac{1}{4}$ right, step left to left turning $\frac{1}{4}$ right, step right to right turning $\frac{1}{2}$ turn right
- & Touch left toe to left
- 4 Clap twice
- 5-6-7 Step left to left turning $\frac{1}{4}$ left, step right to right turning $\frac{1}{4}$ left, step left to left turning $\frac{1}{2}$ turn left
- & Touch right toe to right
- 8 Clap twice

ROCK FORWARD & BACK, ROCK BACK, BALL CHANGE ROCK BACK & FORWARD, ROCK FORWARD, BALL CHANGE

- 1-2-3 Rock forward on right, rock back on left, rock back on right
- & Step weight on ball of left
- 4 Step weight back on to right
- 5-6-7 Rock back on left, rock forward on right, rock forward on left
- & Step weight on ball of right
- 8 Step weight back on to left
- & Turn $\frac{1}{4}$ left with first step of right vine

REPEAT

There is a tag on the 6th wall of this dance. After count 53 (Stomp left Forward 45 degrees left), change count 54 from Stomp right to right to touch right beside left, then ignore counts 55 & 56 going straight to 57 to end of dance. This only happens once on the sixed wall to accommodate a change in beat.
