

# Arriba Va!

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Vicki E. Rader (USA)  
音樂: The Cup of Life - Ricky Martin



When dancing to "The Cup Of Life", start on the first "GO!". For all other songs listed, start on vocals.

## HIP SHAKES, SHUFFLE RIGHT SIDE, SHUFFLE LEFT SIDE

**Styling note: synchronize shoulder movement with the hip shakes. Raise left shoulder with right hip bump, raise right shoulder with left hip bump--make your body roll!**

&1            Bump hips right, left  
&2            Bump hips right, left  
&3            Bump hips right, left  
&4            Bump hips right, left (weight on left foot)

**Steps &5 through 8 are not diagonal moves; only your body is angled slightly.**

&            With weight on left foot, angle body 45 degrees right  
5&6        Moving slightly to right: shuffle right-left-right  
&            With weight on right foot, angle body 45 degrees left  
7&8        Moving slightly to left: shuffle left-right-left

## TWIST STEPS IN PLACE, FAST STEP-SLIDES FORWARD

**Styling note: put plenty of "hip" in the twist steps and "body roll" in the slide steps.**

&9            Twist left heel to left and step down on right with toe pointing 45, degrees right  
&10        Twist right heel to right and step down on left with toe pointing 45 degrees left  
&11        Twist left heel to left and step down on right with toe pointing 45 degrees right  
&12        Twist right heel to right and step down on left with toe pointing 45 degrees left  
&            Twist left heel to center  
13&        Step forward on right and slide left forward  
14&        Step forward on right and slide left forward  
15&        Step forward on right and slide left forward  
16           Step forward on right

## ROCK-STEP, ¾ TURN, STEP, TURN ½, SHUFFLE

17-18       Rock forward on left; step back on right  
19-20       Shuffle left-right-left turning ¾ left  
21-22       Step forward on right foot; pivot ½ left  
23-24       Shuffle forward right-left-right

## SIDE ROCK, CROSS SHUFFLE, STEP TURN ¼, SHUFFLE TURN ¼

25-26       Rock to left on left; step right on right  
27&28       Cross-shuffle left-right-left (left over right moving to right)  
29-30       Step right foot out to right; turn ¼ left  
31&32       Shuffle right-left-right, in place, turning ¼ left

**REPEAT**