

La Vida Loca

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4
編舞者: Lily Liu (MY) - July 2011
音樂: La Vida Loca - Clover

級數: Phrased Improver



Sequence: A B B B16 / B B B B B / TAG / A B pose
Intro 4 counts (start dancing after sing "everybody ")

A: 32 counts

(A1) (Side , Touch) x2, Forward , Point , Backwards , Point

1, 2 Step R to right , Touch L cross behind R
3, 4 Step L to left , Touch R cross behind L
5, 6 Step forward on R . Point L forward .
7, 8 Step back on L . Point R backwards .

(A2) Out , Out , In , In , Twist In Place (x3), Twist In Place (x3)

1, 2 Step R out to right . Step L out to left .
3, 4 Step R back to center . Step L beside R .
5 & 6 Feet in place twist both heels to right , left , right .
7 & 8 Twist both heels to left , right , left (while hooking R behind L knee) .

Sections (A3) &(A4), Repeat Sections (A1) & (A2) .

B: 32 counts

(B1) Side , Together , Chasse Right , Forward , Lock step , Shuffle Forward

1, 2 Step R to right , Step L beside R (use hips roll)
3&4 Step R to right , Close L beside R, Step R to right (use hips roll)
5, 6 Step L forward , Lock R behind L
7&8 Step L forward , Lock R behind L , Step L forward .

(B2) Rocking Chair , Paddle 1/8 Turn Left (Twice)

1, 2 Step R forward to right diagonal (sway hips) , Recover onto L
3, 4 Step R back to left diagonal (sway hips) , Recover onto L
5, 6 Step R forward , Turn 1/8 left weight onto L
7, 8 Step R forward , Turn 1/8 left weight onto L .

**** Restart from here ****

(B3) Samba Cross (twice) , Mambo Forward , Back Lock Step

1 & 2 Cross R over L . Rock L to left . Recover onto R .
3 & 4 Cross L over R . Rock R to right . Recover onto L .
5 & 6 Rock R forward . Recover onto L . Step R beside L .
7 & 8 Step back on L . Cross R over L . Step back on L .

(B4) Back Mambo , Twist (x3), Step ,Pivot 1/2 Turn left with Hook , Shuffle Forward

1 & 2 Rock R back . Recover onto L . Step R beside L .
3 & 4 Feet in place twist both heels to left , right , left
5, 6 Step R forward , Turn 1/2 left hooking L across R knee .
7 & 8 Step L forward , Step R beside L , Step L forward

TAG: ** Facing(6 : 00) . Do one Tag :

Jazz Box 1/4 Turn Right

1, 2 Cross R over L . Step back on L .
3, 4 Turn 1/4 right stepping R to right . Step L beside R .

ENJOY -----

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