

Live My Life

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Rhoda Lai (CAN) - October 2013
音樂: Vivir Mi Vida - Marc Anthony : (iTunes - 4:12)



Intro: 64 counts - No Tag, No Restart. Enjoy!

S 1: L Syncopated Jazz Box, Prissy Walk RLR, L Forward Mambo

1 2& cross L over R, step back R, step L next to R
3 4 5 cross R over L, cross L over R, cross R over L
6&7 rock fwd L, recover onto R, step back L

S 2: Sailor ¼ R, L Samba, R Samba, L Cross Shuffle

8&1 step R behind L, ¼ R stepping L beside R, step R to the side
2&3 cross L over R, rock R to the side, recover onto L
4&5 cross R over L, rock L to the side, recover onto R
6&7 cross L over R, step on the ball of R to the side, cross L over R (3:00)

S 3: ¼ R Forward Shuffle, L Forward Mambo, R Kick, (Back, Kick) X2, R Coaster Step

8&1 ¼ R stepping R fwd, step on the ball of L behind R, step fwd R (6:00)
2&3& rock fwd L, recover onto R, step back L, kick R fwd
4&5& step back R, kick L fwd, step back L, kick R fwd
6&7 step back R, step L next to R, step fwd R

S 4: Diamond-shaped Weave with ¾ L

8&1 cross L over R, 1/8 L stepping back R, step back L (4:30)
2&3 step back R, ¼ L stepping L to the side, step fwd R (1:30)
4&5 cross L over R, ¼ L stepping R to the side, step back L (10:30)
6&7 step back R, 1/8 L stepping L slightly to the side, cross R over L (9:00)

S 5: L Side-Rock Cross, Hold, Ball Cross, Hold, Ball Cross, ¼ R, L Step Pivot ½ R

8&1 rock L to the side, recover on to R, cross L over R (body facing 9:00 with head turning R to face 12:00)
2&3 hold, step on the ball of R to the side, cross L over R
4&5 hold, step on the ball of R to the side, cross L over R (OPTIONAL – hip rolls counterclockwise on counts 1, 3 & 5)
6 7 8 ¼ R stepping R fwd, step fwd L, pivot ½ R (6:00)

S 6: L Samba, R Samba, L Forward Mambo, R Back Mambo

1&2 cross L over R, rock R to the side, recover onto L
3&4 cross R over L, rock L to the side, recover onto R
5&6 rock fwd L, recover onto R, step back L
7&8 rock back R, recover onto L, step R next to L (6:00)

S 7: (L Side/Stomp Hold, Together) X 2, ¼ L Forward/Stomp, R Forward Pivot ½ L, R Step Forward

1 2& stomp L to the side, hold, step R next to L
3 4& stomp L to the side, hold, step R next to L
&5 ¼ L stomping L fwd (3:00)
6 7 8 step fwd R, pivot ½ L, step fwd R (9:00)

S 8: L Side Mambo, R Side Mambo, (L Syncopated Rocking Chair) X 2

1&2 rock L to the side, recover onto R, step L next to R
3&4 rock R to the side, recover onto L, step R next to L

5&6& rock fwd L, recover onto R, rock back L, recover onto R
7&8& rock fwd L, recover onto R, rock back L, recover onto R

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