

La Fifa

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - April 2014
音樂: Vida (Spanglish Version) - Ricky Martin : (Album: Fifa World 2014)



Intro: Start after 16 Counts

[1 – 8] □ Side, Together, Chasse R, Mambo steps

1 – 2 Step R to R side, Step L next to R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 & 6 Rock L fwd, Recover on R, Step L back
7 & 8 Rock R back, Recover on L, Step R fwd

[9-16] □ Side, Together, Chasse L ¼ L, Mambo steps

1 – 2 Step L to L side, Step R next to L
3 & 4 Step L to L side with ¼ Turn L, Step R next to L, Step L fwd (09.00)
5 & 6 Rock R fwd, Recover on L, Step R back
7 & 8 Rock L back, Recover on R, Step L fwd

[17-24] □ Samba Steps x2, Kick and Point x2

1 & 2 Step R fwd, Rock L to L side, Recover on R
3 & 4 Step L fwd, Rock R to R side, Recover on L
5 & 6 Kick R fwd, Step R down, Point L to L side
7 & 8 Kick L fwd, Step L down, Point R to R side

[25-32] □ Rock Recover, Shuffle ½ R, Shuffle ½ R, Hipsways

1 – 2 Rock R fwd, Recover on L
3 & 4 ¼ Turn R step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)
5 & 6 ¼ Turn R step L to L side, Step R next to L, ¼ Turn R step L back (09.00)
7 – 8 Step R to R side, Recover on L with Hipsway

[33-40] □ Walks Back, Out Out, Back, Rock Recover , Shuffle fwd

1 – 2 Walk Back R, L
&3-4 Step R out, Step L out, Step R back
5 – 6 Rock L back, Recover on R
7 & 8 Step L fwd, Step R next to L, Step L fwd

[41-48] □ Diag Lock step fwd R&L, Step R fwd, Pivot ½ L, Kick Ball Cross

1 & 2 Step R diag R fwd, Lock L behind R, Step R diag R fwd
3 & 4 Step L diag L fwd, Lock R behind L, Step L diag L fwd
5 – 6 Step R fwd, Pivot ½ Turn L (03.00)
7 & 8 Kick R fwd, Step R down, Step L across R **R**

[49-56] □ Side Rock Recover, Behind, Side , Cross x2

1 – 2 Rock R to R side, Recover on L
3 & 4 Step R behind L, Step L to L side, Step R across L
5 – 6 Rock L to L side, Recover on R
7 & 8 Step L behind R, Step R to R side, Step L across R

[57-64] □ Mambo step fwd, Mambo step back, Full Turn L, 2 Walks fwd R,L

1 & 2 Rock R fwd , Recover on L, Step R back
3 & 4 Rock L back, Recover on R, Step L fwd

5 – 6 ½ Turn L step R back, ½ Turn L step L fwd
7 – 8 Walk fwd R, L

Start Again

Restart : Wall 2 after count 48 start again with count 1

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