

Live The Life!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rachael McEnaney (USA) - April 2014
音樂: Que Viva la Vida - Wisin : (iTunes)



Count In: 32 counts from when beat kicks in, begin on vocals "Que Viva La Vida) Approx 97 bpm

[1 - 8] R side, L behind, R ball, L cross, R side, L ¼ sailor step, full turn L (or 2 walks)

- 1 2 Step right to right side (1), cross left behind right (2) 12.00
& 3 4 Step ball of right to right side (&), cross left over right (3), step right to right side (4) 12.00
5 & 6 Cross left behind right (5), make ¼ turn left stepping right next to left (&), step forward left (6) 9.00
7 - 8 Make ½ turn left stepping back right (7), make ½ turn left stepping forward left (8) Easy option: walk forward right-left 9.00

[9 - 16] R diagonal fwd, L out, R back, L close, (fwd, fwd, back, back – with arms) R shuffle, step L, ¼ pivot R

- 1 2 Step right to right diagonal as you put right hand behind head (1), step left to left side as you put left hand behind head (2) 9.00
3 4 Step back on right as you put right hand on right hip (3), step left next to right as you put left hand on left hip (4) 9.00
5 & 6 Step forward right (5), step left next to right (&), step forward right (6) 9.00
7 8 Step forward left (7), pivot ¼ turn right (8) (weight ends right) 12.00

[17 - 24] L cross, hold, R ball, L cross, R side, L back rock, L kick ball cross

- 1 2 & Cross left over right (1), hold (2), step ball of right to right (&), 12.00
3 4 Cross left over right (3), step right to right side (4) 12.00
5 6 Rock back left (5), recover weight right (6) 12.00
7 & 8 Kick left to left diagonal (7), step in place on ball of left (&), cross right over left (8) 12.00

[25 - 32] ¼ R doing L shuffle back, ½ turn R doing R shuffle fwd, L fwd rock, L coaster step

- 1 & 2 Make ¼ turn right stepping back left (1), step right next to left (&), step back left (2) 3.00
3 & 4 Make ¼ turn right stepping right to right side (3), step left next to right (&), make ¼ turn right stepping forward right (4) 9.00
5 6 Rock forward left (5), recover weight right (6) 9.00
7 & 8 Step back left (7), step right next to left (&), step forward left (8) 9.00

[33 – 40] R botafogo (cross side rock), L botafogo (cross side rock), R mambo fwd, L mambo back

- 1 & 2 Cross right over left (1), rock left to left side (&), recover weight right (2) 9.00
3 & 4 Cross left over right (3), rock right to right side (&), recover weight left (4) 9.00
5 & 6 Rock forward right (5), recover weight left (&), step right slightly back (6) 9.00
7 & 8 Rock back left (7), recover weight right (&), step left slightly forward (8) 9.00

[41 – 48] Heel switch R & L, step R, ¼ pivot L, R jazz box with ¼ turn R

- 1 & 2 & Touch right heel forward (1), step right next to left (&), touch left heel forward (2), step left next to right (&) 9.00
3 4 Step forward right (3), pivot ¼ turn left (4) 6.00
5 6 Cross right over left (5), make ¼ turn right stepping back left (6), 9.00
7 8 Step right to right side (7), cross left over right (8) 9.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

Contact: www.dancewithrachel.com - dancewithrachel@gmail.com - Tel: +1 407-538-1533 - +44 7968181933
