Viva La Vida (為生命而活) (zh)

Count: 48 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Rachael McEnaney (USA) - 2008年09月
Musik: Que Viva la Vida - Belle Perez

前奏： 28 counts intro from start of track – approx 14seconds in on word “Oi”

第一段 **Touch ¼ kick, coaster with heel, rock, full turn triple step (or coaster cross) 點轉1/4踢,海岸踵點,下沉,小三步轉圈(或海岸交叉)**

1 - 2 Touch right to right side (1), make ¼ turn right on ball of left kicking right foot forward (2) [3.00]
右足右點, 右轉90度右足前踢(面向3點鐘)

3 & 4 Step back on right (3), step left next to right (&), touch right heel forward (4) [3.00] 右足後踏, 左足併踏, 右足踵前點

& 5 - 6 Step in place with right (&), rock forward on left (5), recover weight onto right (6) [3.00] 右足踏, 左足前下沉, 右足回復(面向3點鐘)

7 & 8 Make full turn to left stepping in place left (7) right (&) left (8) [3.00] 左轉圈-左, 右, 左(面向3點鐘)

Easy alt: 簡易版 Instead of full turning triple step on 7&8 – do a coaster cross,
改以海岸步交叉取代7&8
step back on left (7), step right next to left (&), cross left over right (8) 左足後踏, 右足併踏, 左足於右足前交叉踏

第二段 **Side, together, side right shuffle (chasse), left cross rock, ¼ turn, ½ turn 側, 併, 右交換(追步), 左交叉下沉, 轉1/4, 轉1/2**

1 - 2 Step right to right side (1), step left next to right (2) [3.00]
右足右踏, 左足併踏(面向3點鐘)

3 & 4 Step right to right side (3), step left next to right (&), step right to right side (4) [3.00] 右足右踏, 左足併踏, 右足右踏(面向3點鐘)

5 - 6 Cross rock left over right (5), recover weight onto right (6) [3.00]
左足於右足前交叉下沉, 右足回復(面向3點鐘)

7 - 8 Make ¼ turn left stepping forward on left (7), make ½ turn left stepping back on right (8) [6.00]
左轉90度左足前踏, 左轉180度右足後踏(面向6點鐘)

第三段 **Hip bumps, back rock, right kick ball change.**
推臀, 後下沉, 右踢交換

1 - 2 Step back on left and bump hips back (1), bump right hip forward (2) [6.00] 左後踏推臀, 右前推臀(面向6點鐘)

3 & 4 Bump left hip back (3), bump right hip forward (&), bump left hip back (4) [6.00] 左後推臀, 右前推臀, 左後推臀(面向6點鐘)

5 - 6 Rock back on right (5), recover weight onto left (6) [6.00]
右足後下沉, 左足回復(面向6點鐘)

7 & 8 Kick right foot forward (7), step in place with ball of right (&), step in place with left (8) [6.00]
右足前踢, 右足踏, 左足踏(面向6點鐘)

第四段 **Heel switches, step ¼ pivot, cross point, step back & flick.**
踵交換, 踏轉1/4, 交叉點, 後踏 & 抬

1 & 2 Touch right heel forward (1), step right next to left (&), touch left heel forward (2) [6.00] 右足踵前點, 右足併踏, 左足踵前點(面向6點鐘)

& 3 - 4 Step left next to right (&), step forward on right (3), pivot ¼ turn left (4) (weight ends on left) [3.00]
左足併踏, 右足前踏, 左轉90度重心在左足(面向3點鐘)

5 - 6 Cross right over left (5), touch left toe towards left diagonal (6) [3.00] 右足於左足前交叉踏, 左足趾左斜角線前點(面向3點鐘)

7 - 8 Step back on left and as you do so flick right foot back (towards butt) (7), cross right over left (8) [3.00]
左足後踏右足後抬臀向前, 右足於左足前交叉踏(面向3點鐘)

第五段 **Long diagonal shuffle forward, rock forward, ½ turn right shuffle**
斜角線前交換, 下沉前踏, 右轉1/2交換

1 & 2 Counts 1 – 4 are towards left diagonal: Step left foot forward (1), step right next to left (&), step left foot forward (2), [1.30]
1-4拍面向左斜角線, 左足前踏, 右足併踏, 左足前踏(面向1:30)

& 3 & 4 Step right next to left (&), step left foot forward (3), step right next to left (&), step left foot forward (4) [1.30]
右足併踏, 左足前踏, 右足併踏, 左足前踏(面向1:30)

5 - 6 Counts 5 – 6 are still towards left diagonal: Rock forward on right (5), recover weight onto left (6) [1.30]
右足前下沉, 左足回復(面向1:30)

7 & 8 Make ½ turn right stepping forward on right (7), step left next to right (&), step forward on right (8) [7.30]
右轉180度右足前踏, 左足併踏, 右足前踏(面向7:30)

第六段 Long diagonal shuffle forward, jazz box with 1/8 turn, kick left, step in place. 前交換, 轉45度爵士方塊, 左踢, 原地踏

1 & 2 Counts 1 – 4 are towards left diagonal: Step left foot forward (1), step right next to left (&), step left foot forward (2), [7.30]
1-4拍面向左斜角線 左足前踏, 右足併踏, 左足前踏(面向7:30)

& 3 & 4 Step right next to left (&), step left foot forward (3), step right next to left (&), step left foot forward (4) [7.30]
右足併踏, 左足前踏, 右足併踏, 左足前踏(面向7:30)

5 - 6 Cross right over left (5), make 1/8 turn right stepping back on left (6) [9.00] 右足於左足前交叉踏, 右轉45度左足後踏(面向9點鐘)

7 – 8 & Step right to right side (7), kick left foot forward (8), step in place with left (&) [9.00] 右足右踏, 左足前踢, 左足踏(面向9點鐘)

TAG: At END of 2nd wall facing 6.00 do following 4 count tag:
加拍：在第二面牆面向6點鐘時

Touch right to right side (1), cross right over left (2), touch left to left side (3), cross left over right (4) [6.00]
右足右點, 右足於左足前交叉踏, 左足左點, 左足於右足前交叉踏(面向6點鐘)