

# Arriba Va!

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Vicki E. Rader (USA)

Musik: The Cup of Life - Ricky Martin



When dancing to "The Cup Of Life", start on the first "GO!". For all other songs listed, start on vocals.

## HIP SHAKES, SHUFFLE RIGHT SIDE, SHUFFLE LEFT SIDE

**Styling note:** synchronize shoulder movement with the hip shakes. Raise left shoulder with right hip bump, raise right shoulder with left hip bump--make your body roll!

- &1 Bump hips right, left
- &2 Bump hips right, left
- &3 Bump hips right, left
- &4 Bump hips right, left (weight on left foot)

**Steps &5 through 8 are not diagonal moves; only your body is angled slightly.**

- & With weight on left foot, angle body 45 degrees right
- 5&6 Moving slightly to right: shuffle right-left-right
- & With weight on right foot, angle body 45 degrees left
- 7&8 Moving slightly to left: shuffle left-right-left

## TWIST STEPS IN PLACE, FAST STEP-SLIDES FORWARD

**Styling note:** put plenty of "hip" in the twist steps and "body roll" in the slide steps.

- &9 Twist left heel to left and step down on right with toe pointing 45, degrees right
- &10 Twist right heel to right and step down on left with toe pointing 45 degrees left
- &11 Twist left heel to left and step down on right with toe pointing 45 degrees right
- &12 Twist right heel to right and step down on left with toe pointing 45 degrees left
- & Twist left heel to center
- 13& Step forward on right and slide left forward
- 14& Step forward on right and slide left forward
- 15& Step forward on right and slide left forward
- 16 Step forward on right

## ROCK-STEP, $\frac{3}{4}$ TURN, STEP, TURN $\frac{1}{2}$ , SHUFFLE

- 17-18 Rock forward on left; step back on right
- 19-20 Shuffle left-right-left turning  $\frac{3}{4}$  left
- 21-22 Step forward on right foot; pivot  $\frac{1}{2}$  left
- 23-24 Shuffle forward right-left-right

## SIDE ROCK, CROSS SHUFFLE, STEP TURN $\frac{1}{4}$ , SHUFFLE TURN $\frac{1}{4}$

- 25-26 Rock to left on left; step right on right
- 27&28 Cross-shuffle left-right-left (left over right moving to right)
- 29-30 Step right foot out to right; turn  $\frac{1}{4}$  left
- 31&32 Shuffle right-left-right, in place, turning  $\frac{1}{4}$  left

**REPEAT**