

# High Impact

Count: 60

Wall: 2

Level: Intermediate

Choreographer: Sheila Vee (UK)

Music: Livin' la Vida Loca - Ricky Martin



## **SWIVEL BOTH HEELS TWICE, MAMBO TWICE, ½ PIVOTS TWICE, STEP, SLIDE**

- 1&2& Swivel both heels to right, back to center, repeat
- 3&4 Step forward on right, lift & replace left, step back on right
- 5&6 Step back on left, lift & replace right, step forward on left
- 7-8 Pivoting on left, touch right toe forward turning ½ turn left, repeat

### **Should be back facing home wall**

- 9-10 Step right big step to right side, slide left to right
- 11-20 Repeat steps 1 - 10 starting on left

## **SWITCH STEPS RIGHT,LEFT,-RIGHT-LEFT-RIGHT, ¼ TURN, BODY ROLL,STEP BACK**

- 21 Touch right toe to right side, (turn head to right)
- &22 Bring right to center, touch left toe to left side, (turn head to left)
- & Bring left toe to center while taking right to right side
- 23 Bring right toe to center while taking left to left side
- &24 Bring left toe to center, touch right to right side
- 25 Keeping right out to right side, turn ¼ to right
- 26-27 Body roll forward, finish with weight back over shoulders
- 28 Step back on right

## **KNEE POPS, STEP TOUCH'S, CROSS MAMBO'S TWICE**

- 29-30 Pop right knee, pop left knee
- 31&32& Pop right, left, right, left
- 33-34 Step forward on right, stomp forward on ball of left beside right
- 35&36 Step forward on right, stomp forward on ball of left beside right, step forward on right
- & Step left beside right
- 37&38 Cross right over left, lift & replace left, step right to right side

### **While crossing right foot, take right arm across front of body, lift left arm straight up**

- 39&40 Cross left over right, lift & replace right, step left to left side

### **While crossing left foot, take left arm across front of body, lift right arm straight up**

## **ROCKS, ½ TURN, FULL TURN, STEP, FULL TURN, STEP, STEP**

- 41-42 Rock forward on right, rock back on left
- 43 Step back on right turning ½ turn over right shoulder
- 44 Step forward on left pivoting full turn right, hooking right foot over left shin
- 45 Step forward on right
- 46 Step forward on left pivoting full turn right, hooking right foot over left shin
- 47-48 Step forward on right, step left beside right

## **MAMBO FORWARD / BACK, TOE HEEL TOUCH'S, FLICK ¼ TURN**

- 49&50 Rock forward on right, lift & replace left, step back on right
- 51&52 Rock back on left, lift & replace right, step forward on left
- 53 Touch right toe beside left, (angle right knee in towards left)
- 54 Turn right toe out to right side touching right heel beside left
- 55& Touch right toe beside left (angle right knee in towards left), touch right heel beside left
- 56 Brush right toe back flicking out to right side while turning ¼ to left

**CROSS,STEP,CROSS, SWEEP, CROSS,STEP,CROSS, TOGETHER**

57&58      Cross right over left bringing left foot behind right, (keep right crossed over left) step to left side again on right  
&      Sweep left out from behind right  
59&60      Repeat 57 & 58 on left  
&      Bring both feet together ready to start dance again

**REPEAT**

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