Para Toda la Vida

Compte: 64

Niveau: Intermediate

Chorégraphe: Wil Bos (NL) - July 2018

Musique: Para toda la vida - Marcela Morelo

Intro : 32 counts from the hard beat			
Cross Over, 3 1-2-3	B/4 Unwind L, Step-Lock-Step with a 1/2 Turn L, Walk L,R Back, Coaster 1/4 Turn L with a Cross LF. Step to L side - RF. Cross over LF - 3/4 Unwind L (03:00)		
4&5	Step lock step 1/2 turn L stepping R,L,R (09:00)		
6-7	LF. Step back - RF. Step back		
8&1	LF. Step back - RF. 1/4 Turn L small step back - LF. Cross over RF (06:00)		
Side Rock, R	ecover, Sailor 1/2 Turn R, Side Rock, Recover, Sailor,		
2-3	RF. Rock to R side - LF. Recover		
4&5	RF. Cross behind LF with a 1/2 turn R - LF. Small step to L side - RF. Cross over LF (12:00)		
6-7	LF. Rock to L side - RF. Recover		
8&1	LF. Cross behind RF - RF. Step to R side (*restart 1 & 3) - LF. Step to L side		
Hold, & Point	& Point, Cross Rock, Recover, 1/4 Turn R, Step-Lock-Step Hold		
&3&4	RF. Step together - LF. Point to L side - LF. Step together - RF. Point to R side		
5-6	RF. Cross rock over LF - LF. Recover		
7	RF. 1/4 Turn R step fwd (03:00)		
8&1	LF. Step fwd. RF. Lock behind LF - LF. Step fwd		
-	d Flick, Step Back, Step-Lock-Step Bwd, Step Back, Coaster Step Fwd		
2-3	RF. Step fwd and flick LF behind RF - LF. Step back		
4&5	RF. Step back - LF. Lock across RF - RF. Step back		
6-7	LF. Step back and Pop R-knee fwd - RF. Recover		
8&1	LF. Step fwd - RF. Step beside LF - LF. Step back		
	/4 Turn R Step Side, Together, Hip Bumps, Sailor 1/4 Turn L		
2-3	RF. 1/2 Turn R step fwd - LF. 1/2 Turn R step back (03:00)		
4&5	RF. 1/4 Turn R step to R side - LF. Step together - RF. Step to R side push hips to R (06:00)		
6-7	Push hips to L - Push hips to R		
8&1	LF. Cross behind RF with a 1/4 turn L - RF. Small step to R side - LF. Step fwd (03:00)		
	d, Cross Samba, Cross Rock, L Chasse		
2-3	RF. Step fwd - LF. Step fwd		
4&5	RF. Cross over LF - LF. Rock to L side - RF. Recover		
6-7	LF. Cross rock over RF - RF. Recover		
8&1	LF. Step to L side - RF. Step together (**restart 2) - LF. Step to L side		
-	R Chasse, Cross Over, Unwind Full Turn R, 1/8 Turn R Step-Lock-Step Bwd		
2-3	RF. Cross rock over LF - LF. Recover		
4&5	RF. Step to R side - LF. Step together - RF. Step to R side		
6-7	LF. Cross over RF - Unwind full turn R (weight on RF)		
8&1	LF. 1/8 Turn R step back - RF. Lock across LF - LF. Step back (04:30)		
Back Rock, F	Recover, Kick-Ball-Step, Step Fwd, 5/8 Spiral Turn L, Step Side, Together		
2-3	RF. Back rock - LF. Recover (04:30)		



RF. Back rock - LF. Recover (04:30)

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4&5	RF. Kick fwd - RF. Step beside LF - LF. Step fwd	
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6-7 RF. Step fwd - 5/8 Spiral turn L hitch L-knee (09:00)

8& LF. Step to L side - RF. Step together

Start Again

* Restart 1: In wall 2 after count 16&, count 8& of the 2nd block

** Restart 2: In wall 4 after count 48&, count 8& of the 4th block

* Restart 3: In wall 7 after count 16&, count 8& of the 2nd block

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