Mi Vida

拍数: 96 **墙数:** 1 **级数:** Phrased Improver
编舞者: Yanz Vian (INA) & Cindy Elsy (INA) - January 2025
音乐: Vivir Mi Vida - Marc Anthony

Sequence : A-B-C-A-B-B-C-A-B-A-B-B-B (Start from 24 Counts)

Intro 32 Counts

A. 32 Counts
I. Cross Samba, Forward Mambo Turn ½ R, Pivot ½ Turn R

1&2	Cross Rf Over Lf, Step Lf to Left Side, Recover on Rf
3&4	Cross Lf over Rf, Step Rf to Right Side, Recover on Lf
5&6	Rock Rf forward, Recover on Lf, ½ turn R step Rf forward
7&8	Step L forward, ½ turn R weight on Rf, Step Lf forward

II. Touch Cross-Side, Cross Samba

1-2	Cross touch Rf toe over Lf, touch Rf toe to right side
3&4	Cross Rf over Lf, step Lf to left side, recover on Rf,
5-6	Cross touch Lf toe over Rf, touch Lf toe to left side
7&8	Cross Lf over Rf, step Rf to right side, recover on Lf

III. Forward Mambo, Jazz Box

1&2	Rock Rf forward, Recover on Lf, Step Rf next to Lf
3&4	Rock Lf forward, Recover on Rf, Step Lf next to Rf
5-8	Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

IV. Repeat Section III

B. 32 Counts
I. Chasse

1&2	Step Rf to right side, Step Lf next to Rf, Step Rf to right side
3&4	Step Lf to left side, Step Rf next to Lf, Step Lf to left side
5&6	Repeat 1&2
7&8	Repeat 3&4

II. Cumbia

1&2	Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
3&4	Rock cross Lf behind Rf, Recover on Rf, Step Lf to left side
5&6	Repeat 1&2
7&8	Repeat 3&4

III. Cross Shuffle, Jazzbox

1&2	Cross Rf over Lf, step Lf to L, cross Rf over Lf
3&4	Cross Lf over Rf, step Rf to R, cross Lf over Rf
5-8	Cross Rf over Lf, Step back on Lf, Step Rf to R Side, Step Lf forward

IV. V Step, Cumbia, Full Turn Triple Step

1-2	Step Rf diagonal forward, Step Lf diagonal forward (out-out)
3-4	Step Rf diagonal back, Close Lf next to Rf (in-in)
5&6	Rock cross Rf behind Lf, Recover on Lf, Step Rf to right side
7&8	½ turn L step Lf forward, ¼ turn L step Rf back, ¼ turn L step Lf forward

C. 32 Counts

I. Full Diamond with Hitch

1&2&	Cross Rf over Lf, Step Lf slightly to L turning ⅛ turn R, Step Rf back, Hitch Lf knee (1:30)
3&4&	Step Lf behind Rf, Step Rf to R turning ¼ turn R, Step Lf forward, Hitch Rf knee (4:30)
5&6&	Cross Rf over Lf, Step Lf slightly to L turning ¼ turn R, Step Rf back, Hitch Lf knee (7:30)
7&8	Step Lf behind Rf, Step Rf to R turning ¼ turn R, Step Lf forward (12.00)

II. Rock Forward With Body Weave, Recover

1-2	Rock Rf forward with body weave
3-4	Recover on Lf, Step Rf next to Lf
5-6	Rock Lf forward with body weave
7-8	Recover on Rf, Step Lf next to Rf

III. Repeat Section I

IV. Forward Mambo, V Step, Shimmy Shimmy

1&2	Rock Rf forward, Recover on Lf, Step Rf next to Lf
3&4	Rock Lf forward, Recover on Rf, Step Lf next to Rf
5-6	Step Rf diagonal forward, Step Lf diagonal forward (out-out)
7-8	Shimmy Shoulder