Livin' The Crazy Life

拍数: 68   **墙数:** 4   **级数:** Intermediate

编舞者: Paul Hooper

音乐: Livin' la Vida Loca - Ricky Martin

1-2	Touch right foot forward over left, touch right to right side
3-4	Step right behind left, hold
5-6	Step left to left, cross right in front of left
7-8	Step left to left (making quarter turn right), hold

When you have made quarter turn, you left foot should be behind you

9-10	Step back on right, step left in place
11-12	Step right forward, hold
13-14	Touch left in place, kick left forward
15-16	Cross left over right (placing weight on left), hold

17-18-19-20	Sweep right foot round over 4 counts (end up with right crossing left)
21&22&23&24	Making a whole turn, heels should go right on normal counts and left on & counts (as end of mambo #5) weight ends on left foot

25-26	Touch right to right side, cross right in front of left
27-28	Touch left to left side, cross left in front of right
29-30	Touch right to right side, cross right in front of left
31-32	Touch left to left side, step left in place

33-34	Point right arm forward, point left arm forward
35-36	Point both arms in the air, hold count 35
37-48	Make 1 full paddle turn left, swinging your arms around in a circle motion

Keep it small and watch you don't hit anyone. As you are going round use the whole of your body with a Latin feel!!

49-52	Bring arms down to side slowly over the 4 counts

53-54	Touch right toe forward, place right in place
55-56	Touch left toe forward, place left in place
57-58	Step right to right (rocking onto right), (with your hands on your hips) flick elbows back twice (as in cha-cha loco)
59-60	Step right in place, hold count 60

61-62	Touch left toe forward, place left in place
63-64	Touch right toe forward, place right in place
65-66	Step left to left (rocking onto left), (with your hands on your hips) flick elbows back twice (as in cha-cha loco)
67-68	Step left in place, hold count 68

REPEAT