

La Vita Italiana

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner Plus
编舞者: Lynne Martino (USA) - April 2015
音乐: The Italian Life's for Me (La Vita Italiana Fa Per Me) (Original Version) - James Stemple and the Swing Dolls



Start on Vocals

[1-8] STEP TOGETHER, STEP, TOUCH, HEEL, TOUCH, HEEL, TOUCH

1-4 Step R to right side(1), step L next to R(2), step R to right side(3), touch L next to R(4)
5-8 Touch L heel forward(5), touch L toe next to R(6), touch L heel forward(7) touch L toe next to R(8)

(Styling Note: place fisted hands on your hips)

[9-16] STEP TOGETHER, STEP, TOUCH, HEEL, TOUCH, HEEL, TOUCH

1-4 Step L to left side(1), step R next to L(2), step L to left side(4), touch R next to L(4)
5-8 Touch R heel forward(5), touch R toe next to L(6), touch R heel forward(7) touch R toe next to L(8)

(Styling Note: place fisted hands on your hips)

[17-24] SHUFFLES, SHIMMIES

1&2 Step R forward(1), step L next to R(&), step R forward(2)
3&4 Step L forward(3), step R next to L(&), step L forward(4)
5&6&7&8 Shimmy hips(5&6&7&8) ending with weight on L

(Styling Note: when you shimmy, bring your hands up in front of you and move them in a circling fashion)

[25-32] STEP, 1/8 TURN, STEP, 1/8 TURN,PADDLE IN A CIRCLE

1,2 Step R forward(1),pivot 1/8 turn left ending with weight on L(2)
3,4 Step R forward(3), pivot 1/8 turn left ending with weight on L(4) (9:00)
5&6&7&8 Step R ¼ turn left(5)step on ball of L(&), step R ¼ turn left(6), step on ball of L(&), step R ¼ left(7), step on ball of L(&), touch R next to L(8) (9:00)

(Styling Note: bring arms up as you go around on last 4 cts)

****Note: you make a full circle with the last 4 counts.**

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