

# Bachata La Vida

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Eva Pau (CAN) - February 2015  
音樂: Para Una Amiga Especial



#32 count Intro – to be done after 16 count of music

- .1st section – Rumba box
- .2nd section – Left rolling vine, disco touches
- .3rd section – Right rolling vine, disco touches
- .4th section – Hip sways, back rock recover x 2

## S1: RUMBA BOX

- 1-4      Step L fwd, touch R together, step R to R, step L together
- 5-8      Step R back, touch L together, step L to L, step R together

## S2: L ROLLING VINE, TOUCH, R CHASSE, BACK ROCK RECOVER

- 1-4      Step L fwd ¼ L, step R back ½ L, step L to L ¼ L, touch R together
- 5&6 7-8      Step R to R, step L together, step R to R, rock L back, recover to R

## S3: L WEAVE, FWD ROCK RECOVER, ½ L FWD SHUFFLE

- 1-4      Step L to L, step R behind L, step L to L, cross R over L
- 5-6 7&8      Rock L fwd, recover to R, shuffle fwd L R L ½ turn L

## S4: CROSS, SIDE ROCK RECOVER CROSS, SIDE, BEHIND, ¼ R, STEP PIVOT ½ R

- 1-2&3-4      Cross R over L, rock L to side, recover to R, cross L over R, step R to R
- 5-8      Step L behind R, step R fwd ¼ turn R, step L fwd, pivot ½ turn R

## S5: FWD ROCK RECOVER, FWD SHUFFLE L & R

- 1-2 3&4      Rock L fwd, recover to R, shuffle fwd L R L
- 5-6 7&8      Rock R fwd, recover to L, shuffle fwd R L R

## S6: CROSS, ¼ L, ¼ L, FWD, ROCKING CHAIR

- 1-4      Cross L over R, step R back ¼ turn L, step L fwd ¼ turn L, step R fwd
- 5-8      Rock L fwd, recover to R, rock L back, recover to R

Restart here at 3rd wall (facing 3:00)

## S7: SIDE ROCK RECOVER, HIP SWAYS, SIDE ROCK RECOVER, SAILOR SHUFFLE ¼ R

- 1-2 3&4      Rock L to L, recover to R, sway L R L
- 5-6 7&8      Rock R to R, recover to L, step R behind L ¼ turn R, step L together, step R fwd

## S8: STEP PIVOT ½ R, ¼ R, TOUCH, SIDE SHUFFLE, BACK ROCK RECOVER

- 1-4      Step L fwd, pivot ½ turn R, step L to L ¼ R, touch R together
- 5&6 7-8      Side shuffle R L R, rock L back, recover to R

TAG = 1st & 2nd section of dance to be done at the end of 1st & 5th wall (facing 9:00)