

# Bendita Vida (per la gent gran)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: M. Antonia Ventayol (ES), M. Angeles Alemany (ES) & Cati Riera (ES) - October 2020  
音樂: Bendita Vida - Txarango : (3:56)



Intro: 32 counts

Notes: No Tag, no restart

## [1-8]: SIDE, CROSS, SIDE, HEEL X 2

1 - 4      Step L to L side, Cross R over L, Step L to L side, Heel R to right side  
5 - 8      Step R to R side, Cross L over R, Step R to R side, Heel L to L side

## [9-16]: WALK FW X 3 HEEL R - WALK BW X 3 HELL L

1 - 4      Step L, R, L Fw, Heel R Fw  
5 - 8      Step R, L, R Bw, Heel L Fw

## [17-24]: SIDE TOUCH X 2, OUT, OUT, IN, TOUCH

1 - 2      Step L to L side, toe touch R beside L with clap  
3 - 4      Step R to R side, toe touch L beside R with clap  
5 - 6      Step L to diagonal L, Step R to diagonal R  
7 - 8      Step L to center, Tou Touch R beside L

## [25-32]: STEPS MOVING IN A ¾ CIRCLE CLOCKWISE

1 - 7      Step R, L, R, L, R, L, R, making 3/4 of a circle  
8      Tou touch L beside R (9:00)

Dance and have fun!!

Contact: [maventayol@icloud.com](mailto:maventayol@icloud.com)