

# Mi Vida

拍數: 96      牆數: 1      級數: Phrased Improver  
編舞者: Yanz Vian (INA) & Cindy Elsy (INA) - January 2025  
音樂: 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 $\frac{1}{2}$ R, Pivot $\frac{1}{2}$ 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,  $\frac{1}{2}$  turn R step Rf forward  
7&8      Step L forward,  $\frac{1}{2}$  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       $\frac{1}{2}$  turn L step Lf forward,  $\frac{1}{4}$  turn L step Rf back,  $\frac{1}{4}$  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 $\frac{1}{8}$ turn R, Step Rf back, Hitch Lf knee (1:30) |
| 3&4& | Step Lf behind Rf, Step Rf to R turning $\frac{1}{4}$ turn R, Step Lf forward, Hitch Rf knee (4:30)      |
| 5&6& | Cross Rf over Lf, Step Lf slightly to L turning $\frac{1}{4}$ turn R, Step Rf back, Hitch Lf knee (7:30) |
| 7&8  | Step Lf behind Rf, Step Rf to R turning $\frac{1}{4}$ 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  |
-