

# Vida Loca

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: JJDancers  
音樂: Livin' la Vida Loca - Ricky Martin



## STEP FORWARD, HIP BUMPS

- 1            Place left foot slightly forward and slightly to left
- 2            Place right foot slightly forward and slightly to right
- 3-4        Two hip bumps right
- 5-6        Two hip bumps left
- 7-8        Two hip bumps right

## BACK, FORWARD, HEAD TURN, HOLD, HIP GRIND ¼ TURN LEFT

- 9            Place left foot back
- 10          Place right foot forward
- 11          Turn head to look left - keeping feet still
- 12          Hold
- 13-16      Grind hips in circular motion twice to make ¼ turn left

## GRAPEVINE RIGHT WITH ¼ TURN, JUMP FORWARD, JUMP BACK

- 17          Step to right foot to right side
- 18          Step left foot behind right foot
- 19          Step to right with right foot
- 20          Turn ¼ turn right and bring feet together
- 21-22      Jump forward feet apart (right, left)
- 23-24      Jump back feet apart (right left)

## TOE SWITCHES

- 25          Point right toe out to right side
- 26          Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 27          Bring left foot back next to right foot, transfer weight and point right toe out to right side
- 28          Hold
- 29          Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 30          Bring left foot back next to right foot, transfer weight and point right toe out to right side
- 31          Bring right foot back next to left foot, transfer weight and point left toe out to left side
- 32          Hold

## MONTEREY ½ TURN, TOE STRUTS

- 33          Bring left foot next to right foot, transfer weight and point right toe out to right side
- 34          Turn ½ turn right on ball of left foot, bring feet together
- 35          Point left toe out to left side
- 36          Bring feet together
- 37-38      Toe strut right toe in front
- 39-40      Toe strut left toe in front

## STEP, SHIMMY & SLIDE

- 41-44      Step right foot to right side and shimmy, slide left foot next to right
- 45-48      Step left foot to left side and shimmy, slide right foot next to left

## REPEAT

