

La Vida

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MUSIC : La Vida (Remix) by Francesca Mazzuccato ,

ALBUM:"Latin Music 14" download from Casa musica

TIME : 3'09" SPEED : 100%

RHYTHM : CHA CHA PHASE : III+2 (AIDA , SWITCH RK) Difficulty: AVG

FOOTWORK : Opposite unless noted, directions for M Released : 26 JUN 2018 Rev.1

SEQUENCE : INTRO-A-B-A-B-C-B(mod) Corrected : 10 SEP 2018

INTRO

1- 8 OP-FCG/Wall NO HANDS JOINED WAIT 2 MEAS;; CHASE 1/2;; PEEK-A-BOO TWICE;; FIN CHASE;;

1- 4 open fcg pos fc wall no hands joined lead foot free wait 2 meas;; fwd L trn 1/2 rf, rec R, fwd L/cl R, fwd L(W bk R, rec L, fwd R/cl L, fwd R); fwd R trn 1/2 lf, rec L, fwd R/cl L, fwd R(W fwd L trn 1/2 rf, rec R, fwd L/cl R, fwd L);

5- 8 sd L, rec R, cl L/sip R, sip L(W sd R looking M ovr left sholder , rec L, cl R/sip L, sip R); sd R, rec L, cl R/sip L, sip R(W sd L looking M ovr right sholder , rec R, cl L/sip R, sip L); FWD L, rec R, bk L/cl R, bk L(W fwd R trn 1/2 lf, rec L, fwd R/cl L, fwd R); BK R, rec L, fwd R/cl L, fwd R(W fwd L, rec R, bk L,cl R,bk L) to bfly fc wall;

PART A

1- 8 BASIC;; NEW YORKER to OP; WALK 2 FWD CHA; SLIDING DOOR; APT REC FC CHA(BFLY/COH); CUCARACHA TWICE;;

1- 4 in bfly fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R; swvl rf on r foot thru L to lop, rec R fc ptrn, sd L/cl R, sd L trn lf to op fc lod; fwd R, fwd L, fwd R/cl L, fwd R;

5- 8 sd L, rec R, xif L/ sd R, xif L(W across lf of M); sd R to lop,rec L comm trn lf 1/4, cl R/sip L, sip R comp trn fc ptrn&coh; in bfly sd L with partial weight, rec R, cl L/sip R, sip L; sd R with partial weight, rec L, cl R/sip L, sip R;

9-16 CHASE with UNDERARM PASS;; NEW YORKER; SPOT TRN; HAND to HAND TWICE;; TIME STEP TWICE;;

9-12 fwd L trn 1/2 rf fc coh keep ld hands joined,rec R,fwd L/cl R, fwd L(W bk R keep ld hands joined,rec L,fwd R/cl L,fwd R twd man's left side,-); bk R raising ld hands, rec L, sd R/cl L, sd R fc coh,-(W fwd L,fwd R trn 1/2 lf undr joined ld hands to fc ptrn, sd L/cl R, sd L); swvl rf on r foot thru L to lop,rec R fc ptrn, sd L/cl R, sd L; swvl 1/4 lf on left foot fwd R comm trn 1/2 lf, rec L trn 1/4 lf fc ptrn, comp trn sd R/cl L, sd R;

13-16 swvl on r foot bk L, rec R fc ptrn, sd L/cl R, sd L; swvl on l foot bk R, rec L fc ptrn, sd R/cl L, sd R; no hnds jnd xib L, rec R, sd L/cl R, sd L; xib R, rec L, sd R/cl L, sd R;

PART B

1- 8 1/2 BASIC; UNDERARM TRN; LARIAT;; REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc COH;

1- 4 in bfly wall fwd L, rec R, sd L/cl R, sd L; raising joimed lead hnds BK R, rec L, sd R/cl L, sd R(W swvl 1/4 rf fwd L trn rf 1/2, rec R 1/4 trn rf fc ptrn, sd L/cl R, sd L twd M's right side); sd L,rec R, cl L/sip R, sip L(W comm around m fwd R,L,R/L,R); sd R,rec L, cl R/sip L, sip R(W cont around m fwd L,R,L/R,L) to bfly fc wall ;

- 5- 8 raising joined lead hands xif L, rec R, sd L/cl R, sd L(W swvl 1/4 lf on left foot fwd R trn 1/2 lf, rec L trn 1/4 lf fc ptnr, sd R/cl L, sd R); thru R comm rf trn(W lf), sd L comp trn to v bk-to-bk, bk R/ lk L, bk R; trn lf(W rf) fc ptnr sd L, rec R, smoll sd L/cl R, sd L; bk R trn 1/4 lf rec L trn 1/4 lf fc coh, sd R/cl L, sd R(W fwd L,fwd R trng 1/2 lf fc wall,sd L/cl R, sd L);
- 9-16 1/2 BASIC; UNDERARM TRN; LARIAT;;**
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc Wall;
- 9-12 in bfly fc coh repeat part b(1- 4);;;
- 13-16 repeat part b(5- 8) end fc wall;;;

PART C

- 1- 8 VINE 2 FC to FC; VINE 2 BK to BK; CIR AWAY & TOG;;**
TRAVELING DOORS;; CUCARACHA TWICE;;
- 1- 4 bfly sd L,xib R,sd L/cl R, sd L trn lf(W rf) to bk-to-bk; sd R, xib L, sd R/cl L, sd R trn rf(W lf) to bfly; circle twd coh fwd L,fwd R,fwd L/cl R, fwd L fc rlod; cont circle twd wall fwd R,fwd L,fwd R/cl L, fwd R to bfly;
- 5- 8 sd L,rec R, xif L/sd R,xif L; sd R,rec L, xif R/sd L,xif R; repeat part a 7-8;;

PART B (mod)

- 1- 8 1/2 BASIC; UNDERARM TRN; LARIAT;;**
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; SPOT TRN;
- 1- 8 repeat part b 1-7;;; ;; swvl 1/4 lf on left foot fwd R comm trn 1/2 lf, rec L trn 1/4 lf fc ptnr, comp trn sd R/cl L, sd R;
- 9-16 1/2 BASIC; UNDERARM TRN; LARIAT;;**
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; CHUG, STOMP/STOMP,STOMP,-;
- 9-16 repeat part b 9-15;;; ;; slip bk with both feet, stomp R/ stomp L, stomp R,-;

QUICK CUES

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By Kazuo Maruyama

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PEEK-A-BOO TWICE;; FIN CHASE;;

PART A

- 1-8 (BFLY)BASIC;; NEW YORKER to OP; WALK 2 FWD CHA;
SLIDING DOOR; APT REC FC CHA(BFLY/COH); CUCARACHA TWICE;;
9-16 CHASE with UNDERARM PASS;; NEW YORKER; SPOT TRN;
HAND to HAND TWICE;; TIME STEP TWICE;;

PART B

- 1-8 (BFLY)1/2 BASIC; UNDERARM TRN; LARIAT;;
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc COH;
9-16 1/2 BASIC; UNDERARM TRN; LARIAT;;
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc Wall;

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REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc COH;
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REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP fc Wall;

PART C

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TRAVELING DOORS;; CUCARACHA TWICE;;

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- 1-8 1/2 BASIC; UNDERARM TRN; LARIAT;;
REV UNDERARM TRN; THRU to AIDA; SWITCH RK; SPOT TRN;
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REV UNDERARM TRN; THRU to AIDA; SWITCH RK; CHUG, STOMP/STOMP,STOMP,-;