

Ritmo De La Vida

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Marie Sørensen (TUR) - July 2013

Music: Ritmo De La Vida - Liz Abella : (Album: Rhythm Of Life - www.legalsounds.com)



Intro: 16 Counts (From the heavy beat)

SAMBA STEP RIGHT, LEFT, ROCK, RECOVER, SHUFFLE ¾ TURN RIGHT

- 1&2 Cross right over left, rock left to left side, recover (Traveling forward)
- 3&4 Cross left over right, rock right to right side, recover (Traveling forward)
- 5-6 Rock fwd. on right, recover
- 7&8 ½ turn right, step right to right side, step left next to right, ¼ turn right, step fwd. on right (09:00)

SAMBA STEP LEFT, RIGHT, ROCK, RECOVER, ¼ TURN CHASSE LEFT

- 1&2 Cross left over right, rock right to right side, recover (Traveling forward)
- 3&4 Cross right over left, rock left to left side, recover (Traveling forward)
- 5-6 Rock fwd. on left, recover
- 7&8 ¼ turn left, step left to left side, step right next to left, step left to left side (06:00)

ROCK, RECOVER, SAILOR ¼ TURN RIGHT, ROCK, RECOVER, SAILOR ¼ TURN LEFT

- 1-2 Cross rock right over left, recover
- 3&4 Step right behind left, ¼ turn right, step left next to right, step fwd. on right (09:00)
- 5-6 Cross rock left over right, recover
- 7&8 Step left behind right, ¼ turn left, step right next to left, step fwd. on left (06:00)

PRIZZY WALK, HOLD, PRIZZY WALK, HOLD, STEP ¼ TURN LEFT, CROSS, CHASSE

- 1-2 Cross right over left, hold
- 3-4 Cross left over, right, hold
- 5&6 Step fwd. on right, ¼ turn left, cross right over left
- 7&8 Step left to left side, step right next to left, step left to left side (03:00)

RESTARTS:-

During wall 5, after 24 Counts – Facing 06:00

During wall 10, after 16 Counts – Facing 12:00

Have Fun!

Contact - Email: sunshinecowgirl1960@gmail.com