

La Vida

2018 年 11 月 推薦曲

Choreographer: Kazuo Maruyama

Music : “La Vida (Remix)” by Francesca Mazzuccato,

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Time: 3'09"

Speed: 100%

Rhythm: CHA CHA

Phase: III+2 (AIDA , SWITCH RK)

SEQUENCE : INTRO-A--ENDING

INTRO

1 - 4 OP-FCG/Wall NO HANDS JOINED WAIT 2 MEAS;; CHASE 1/2 both fc Wall;;

5 - 8 PEEK-A-BOO TWICE;; FIN CHASE;;

PART A

1 - 4 BASIC;; NEW YORKER to OP; WALK 2 FWD CHA;

5 - 8 SLIDING DOOR; APT REC FC CHA(BFLY/COH); CUCARACHA TWICE;;

9 - 12 CHASE with UNDERARM PASS;; NEW YORKER; SPOT TRN;

13 - 16 HAND to HAND TWICE;; TIME STEP TWICE;;

PART B

1 - 4 1/2 BASIC; UNDERARM TRN; LARIAT;;

5 - 8 REV UNDREARM TRN; THRU to AIDA; SWITCH RK; WHIP;

9 - 12 (BFLY)1/2 BASIC; UNDERARM TRN; LARIAT;;

13 - 16 REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP;

PART A

1 - 4 BASIC;; NEW YORKER to OP; WALK 2 FWD CHA;

5 - 8 SLIDING DOOR; APT REC FC CHA(BFLY/COH); CUCARACHA TWICE;;

9 - 12 CHASE with UNDERARM PASS;; NEW YORKER; SPOT TRN;

13 - 16 HAND to HAND TWICE;; TIME STEP TWICE;;

PART B

1 - 4 1/2 BASIC; UNDERARM TRN; LARIAT;;

5 - 8 REV UNDREARM TRN; THRU to AIDA; SWITCH RK; WHIP;

9 - 12 (BFLY)1/2 BASIC; UNDERARM TRN; LARIAT;;

13 - 16 REV UNDERARM TRN; THRU to AIDA; SWITCH RK; WHIP;

PART C

1 - 4 (BFLY)VINE 2 FC to FC; VINE 2 BK to BK; CIR AWAY & TOG;;

5 - 8 TRAVELING DOORS;; CUCARACHA TWICE;;

PART B(mod)

1 - 4 1/2 BASIC; UNDERARM TRN; LARIAT;;

5 - 8 REV UNDREARM TRN; THRU to AIDA; SWITCH RK; SPOT TRN;

9 - 12 1/2 BASIC; UNDERARM TRN; LARIAT;;

13 - 16 REV UNDREARM TRN; THRU to AIDA; SWITCH RK; CHUG, STOMP/STOMP,STOMP,;;

Ending(B mod)の最後は右足(女性は左足)から STOMP3 回(CHUG,STOMP R/L,R,-)と踊る。