

VIDA LOCA

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Count: 76 **Wall:** 2 **Level:** advanced

Choreographer: Lisa Collingwood

Music: Mi Vida Loca by Pam Tillis

The dance begins on the first downbeat after the word "steel"

- 1& Touch right toe to the side, bounce left heel on the spot
- 2& Touch right toe behind left, bounce left heel on the spot
- 3& Touch right toe to the side, stomp right together
- 4 Stomp left together.

- 5& Step left heel forward, pivot turning $\frac{1}{2}$ turn to the right
- 6& Step left heel forward, pivot turning $\frac{1}{2}$ turn to the right
- 7& Step left across right, stomp right on the spot
- 8& Stomp left together, stomp right together.

- 9& Touch left toe to the side, bounce right heel on the spot
- 10& Touch left toe behind right, bounce right heel on the spot
- 11& Touch left toe to the side, stomp left together
- 12 Stomp right together.

- 13& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
- 14& Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
- 15& Step right across left, stomp left on the spot
- 16& Stomp right together, stomp left together.

- 17& Step left to the side, step right behind left

- 18&** Step left to the side, scuff right through and hitch right
- 19&** Bounce left heel while right is hitched, stomp right together
- 20** Stomp left together.
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- 21&** Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
- 22&** Step right heel forward, pivot turning $\frac{1}{2}$ turn to the left
- 23&** Step right across left, stomp left on the spot
- 24&** Stomp right together, stomp left together.
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- 25&** Step right to the side, step left behind right
- 26&** Step right to the side, scuff left through and hitch left
- 27&** Bounce right heel while left is hitched, stomp left together
- 28** Stomp right together.
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- 29** Step left across in front of right
- &** Pivot turning $\frac{3}{4}$ turn right
- 30&** Rock back onto right, rock forward onto left.
- 31** Step right toe forward
- &** Pivot turning $\frac{1}{2}$ turn left and step onto right heel
- 32** Step left toe back
- &** Pivot turning $\frac{1}{2}$ turn left and step onto left heel.
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- 33** Step right toe forward
- &** Pivot turning $\frac{1}{2}$ turn left and step onto right heel
- 34** Step left toe back
- &** Pivot turning $\frac{1}{2}$ turn left and step onto left heel.
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- 35** Stomp right toe in front of left with right heel pointing right

- 36&** Step right heel in front of left, fan right toe to the right
- 37** Stomp left toe in front of right with left heel pointing left
- 38&** Step left heel in front of right, fan left toe to the left.
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- 39** Stomp right toe in front of left with right heel pointing right
- 40&** Step right heel in front of left, fan right toe to the right
- 41** Stomp left toe in front of right with left heel pointing left
- 42&** Step left heel in front of right, fan left toe to the left.
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- 43&** Step right heel forward, fan right toe to the right
- 44&** Step left heel forward, fan left toe to the left.
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- 45** Touch right heel forward
- &** Turning $\frac{1}{4}$ turn right-hop on left and hitch right
- 46** Touch right toe to right side
- &** Turning $\frac{1}{4}$ turn right-hop on left and hitch right.
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- 47&** Touch right heel forward, slap right toe to the floor
- 48** Stomp left slightly forward.
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- 49** Step forward on left heel
- &** Step back on the ball of the right
- 50** Step together on the ball of the left
- &** Step forward on the right heel
- 51** Step back on the ball of the left
- &** Step together on the ball of the right
- 52** Stomp left slightly forward.

- 53** Touch left heel forward
- &** Turning $\frac{1}{4}$ turn left-hop on right and hitch left
- 54** Touch left toe to left side
- &** Turning $\frac{1}{4}$ turn left-hop on right and hitch left
-
- 55&** Touch left heel forward, slap left toe to the floor
- 56** Stomp right slightly forward.
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- 57** Step forward on right heel
- &** Step back on the ball of the left
- 58** Step together on the ball of the right
- &** Step forward on the left heel
- 59** Step back on the ball of the right
- &** Step together on the ball of the left
- 60** Stomp right slightly forward.
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- 61** Turning $\frac{1}{4}$ turn left-step right across in front of left
- &** Step left to the side
- 62&** Step right in front of left, step left to the side
- 63&** Step right behind left, step left to the side
- 64&** Step right behind left, step left to the side
- 65&** Step right in front of left, step left to the side
- 66&** Step right behind left, step left to the side
- 67** Stomp right slightly forward
- &** Clap hands at head height in front of body
- 68** Clap hands at head height in front of body.

- 69&** Step left in front of right, step right to the side
- 70&** Step left in front of right, step right to the side
- 71&** Step left behind right, step right to the side
- 72&** Step left behind right, step right to the side
- 73&** Step left in front of right, step right to the side
- 74&** Step left behind right, step right to the side
- 75** Stomp left slightly forward
- &** Clap hands at head height in front of body
- 76** Clap hands at head height in front of body.

REPEAT

Dance ends with

- 1&** Touch left toe to the side, bounce right heel on the spot
- 2&** Touch left toe behind right, pivot turning ½ turn left
- 3&4** Cha-cha-cha : right-left-right.