

Ritmo De La Vida

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Count: 32

Wall: 4

Level: Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl) Dk - July 2013

Music: "Ritmo De La Vida" by Liz Abella. Album: Rhythm Of Life [www.legalsounds.com]

Intro: 16 Counts (From the heavy beat)

SAMBA STEP RIGHT, LEFT, ROCK, RECOVER, SHUFFLE $\frac{3}{4}$ 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 $\frac{1}{2}$ turn right, step right to right side, step left next to right, $\frac{1}{4}$ turn right, step fwd. on right (09:00)

SAMBA STEP LEFT, RIGHT, ROCK, RECOVER, $\frac{1}{4}$ 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 $\frac{1}{4}$ turn left, step left to left side, step right next to left, step left to left side (06:00)

ROCK, RECOVER, SAILOR $\frac{1}{4}$ TURN RIGHT, ROCK, RECOVER, SAILOR $\frac{1}{4}$ TURN LEFT

1-2 Cross rock right over left, recover

3&4 Step right behind left, $\frac{1}{4}$ 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, $\frac{1}{4}$ turn left, step right next to left, step fwd. on left (06:00)

PRIZZY WALK, HOLD, PRIZZY WALK, HOLD, STEP $\frac{1}{4}$ TURN LEFT, CROSS, CHASSE

1-2 Cross right over left, hold

3-4 Cross left over, right, hold

5&6 Step fwd. on right, $\frac{1}{4}$ 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=a-ID93489