

# Mi Vida Loca

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**Count:** 72      **Wall:** 2      **Level:** Phrased Improver

**Choreographer:** Sascha Wolf - June 2019

**Music:** Mi Vida Loca - Pam Tillis

**Sequence: 2 Party: ABB\* ABB A\*BB\*\*Tag**

**Part A (4x8) : Stomp Up, Heel Tap, Points**

**1RF Stomp up before LF**

**2 3 4RF heel lift and heel tap (u can slip ur RF foot a little bit forward). Bring ur weight on RF at 4**

**5&6&LF point to side, LF touch to RF, LF point to side, LF small step back**

**7&8&RF point to side, RF small step back, LF point to side, 1/4 turn to left with LF small step back**

**Dance Part A another three times, so u have one complete Round.**

**Part A\*(2x8)**

**Same Steps, but u just dance it 2 time instead of 4 times. So u end at 6 o'clock**

**Part B (8x8)**

**B1. Mambo fwd, Mambo bwd**

**1234RF step forward, Bring weight to LF, RF step slight back, hold**

**5678LF step back, Bring weight to RF, LF step slight fwd, hold**

**B2. Samba Step**

**1234RF step to side, LF on place, RF cross over LF, hold**

**5678LF step to side, RF on place, LF cross over LF, hold**

**B3. Coaster Step, Shuffle**

**1234RF step to side, 1/4 turn to left while LF close to RF, RF step fwd, hold**

**5678LF step forward, RF step to LF, LF step fwd, hold**

#### **B4. Mambo step turn, Chassé turn**

**1234RF step fwd, Bring weight back to LF and start to turn, 1/4 turn to right and RF step to side**

**5678** Chassé turn with 3/4 turn to right (LF step to side, RF close to LF, LF back)

#### **B5. Coaster Step, Shuffle**

**1234RF back, LF close to RF, RF step fwd, hold**

**5678LF step forward, RF step to LF, LF step fwd, hold**

#### **B6. Step turn, Weave**

**1234RF step fwd and 1/4 turn to left, LF step on place, RF Cross over LF, hold**

**5678LF to side, RF cross behind LF, LF to side, RF cross over LF**

#### **B7. Box, Side, Point**

**1234LF to side, RF close to LF, LF step fwd, hold**

**5678RF to side, LF close to RF, RF point to side, hold**

#### **B8. Flick, Step Tour**

**1234RF flick behind Left knee, RF point to side, RF flick behind Left knee, hold**

**5678RF step to side, LF point to to RF, FL step to side, RF point to LF**

**Part B\* dance till „4. Mambo step turn, Chassé turn“ and stop your turn after 1/2 and start the Dance new beginning with Part A**

**Part B\*\* dance till „4. Mambo step turn, Chassé turn“ with ur head to audience at 8**

**Tag: Batucada or Step touches backward with a 1/4 turn to right at Arms Ending**

**1-8RF diagonal back, LF point to RF, LF diagonal back, RF point to RF, RF diagonal back, LF pot to RF, RF diagonal back, LF pot to RF while u turn 1/4 to right, Arms up**