

A Viva la Vida (To Live The Life)

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Norman Gifford (USA) - July 2021

Music: - Helene Fischer

Start: On the first word of the vocals, "The" (approximately 13 seconds from start of the track).

WALK, WALK, SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK

1,2,3&4 Walk forward R, L, Step R forward, Step L next to R, Step R forward

5,6,7&8 Rock forward on L, Recover on R, Step L back, Step R next to L, Step L back

ROCK BACK, RECOVER, SHUFFLE TURNING ½ LEFT; REPEAT TURNING ½ RIGHT

9,10,11&12 Rock back on R, Recover on L, Shuffle R, L, R turning ½ left

13,14,15&16 Rock back on L, Recover on R, Shuffle L, R, L turning ½ right

STEP BACK, HOOK & TOUCH, STEP FWD, TOUCH; REPEAT

17,18 Step back on R, Hook L across R and tap L toe on R side of R foot

19,20 Step L forward and touch R next to L

21-24 Repeat Steps 17-20

SIDE, TOGETHER, SIDE SHUFFLE, CROSS, RECOVER, SIDE SHUFFLE TURNING ¼ LEFT

25,26,27&28 Step R to side, Step L next to R, Shuffle to the right: R, L, R

29,30,31&32 Cross L over R, Recover on R, Shuffle to the left turning a ¼ left: L, R, L

TAG: One 4 beat TAG at the start of the 5th wall (facing 12 o'clock), then re-start:

1-4 Step R to side, touch L beside R; Step L to side, touch R beside L.

NOTES:

To finish at front: on 8th wall (facing 3 o'clock), dance steps 1-24; then step R to side, step L turning ¼ left, step R next to left

Optional arm movements: Swing one arm across the front of the body and one behind on steps 9 & 13, 18 & 20. (Left arm to the front on steps 9, 18 & 20; right arm to the front on Step 13).