

**Count:** 32                      **Wall:** 2                      **Level:** beginner

**Choreographer:** Karen Tuck

**Music:** The Cup Of Life by Ricky Martin

## ROCKS FORWARD AND BACK. TRIPLE $\frac{1}{2}$ TURN

- 1-2**              Rock forward on left, rock back on right (with hip sways)
- 3&4**              Rock forward on left, rock back on right, rock forward on left (with hip sways)
- 5-6**              Rock forward on right, rock back on left

### **7&8 $\frac{1}{2}$ turn right stepping right, left, right**

## ROCKS FORWARD AND BACK. TRIPLE $\frac{3}{4}$ TURN

- 9-10**              Rock forward on left, rock back on right (with hip sways)
- 11&12**              Rock forward on left, back on right, forward on left (with hip sways)
- 13-14**              Rock forward on right, back on left
- 15&16**              Make  $\frac{3}{4}$  turn over right shoulder stepping right, left, right

## STEP POINTS FORWARD & BACK

- 17-18**              Step forward on left, point right toe to right side
- 19-20**              Step forward on right, point left toe to left side
- 21-22**              Step back on left, point right toe to right side
- 23-24**              Step back on right, point left toe to left side

## LEFT SAILOR STEP, RIGHT SAILOR $\frac{1}{4}$ TURN. STROLL FORWARD

- 25&26**              Left sailor step
- 27&28**              Right sailor step with  $\frac{1}{4}$  turn right
- 29-30**              Walk forward left & right with hip sways
- 31-32**              Step forward left, step right beside left

## REPEAT