

# Para Toda La Vida

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**Count:** 32                      **Wall:** 4                      **Level:** High Beginner

**Choreographer:** Jennifer Jou , Taiwan (November, 2016)

**Music:** Para toda la vida by Marcela Morelo

## **Introduction : 48 counts**

**Sequence : 32/32/Tag /32/32/32/Tag /32/32/32/32/Tag /32/32/32/Ending Pose**

## **Sec 1 : Back, Recover, Side Touch, Forward, Cross, Recover, Side Touch, Bump Hip**

**1-4**              Rock RF back, recover onto LF, touch RF to right side, step RF forward

**5-6**              Cross step LF over RF, recover onto RF

**7&8**             Touch LF to left side and bump hips left

## **Sec 2 : Cross Over, 1/4 Turn Left, Back, Hook, Forward, 1/2 Turn Left, hook, Shuffle Forward**

**1-4**              Cross step LF over RF, make 1/4 turn left stepping RF back, step LF back, hook RF over LF (9:00)

**5-6**              Step RF forward, make 1/2 turn left on right ball and hook LF over RF (3:00)

**7&8**             Step LF forward, step RF beside LF, step LF forward

## **Sec 3 : 1/4 Turn Left, Side Rock, Recover, Sailor Step Right, Cross Over, 1/4 Turn Left, Back, Chasse Left**

**1-2**              Make 1/4 turn left rocking RF to right side, recover onto LF (12:00)

**3&4**             Step RF behind LF, step LF to left side, step RF to right side

**5-6**              Cross step LF over RF, make 1/4 turn left stepping RF back (9:00)

**7&8**             Step LF to left side, step RF beside LF, step LF to left side

## **Sec 4 : Forward, 1/2 turn Left, Flick, Shuffle Forward, Forward, Recover, Coaster Step**

**1-2**              Step RF forward, make 1/2 turn left recovering onto LF and flicking RF

**3&4**             Step RF forward, step LF beside RF, step RF forward

**5-6**              Rock LF forward, recover

**7&8**             Step LF back, step RF beside LF, step LF forward

## **Tag (16 counts):**

### **[1-8] Mambo R,Mambo L,(Rock Back,Recover,Beside )X2**

**1&2** Rock RF to right side, recover onto LF, step RF beside LF

**3&4** Rock LF to left side, recover onto RF, step LF beside RF

**5&6** Rock RF back, recover, step RF beside LF

**7&8** Rock LF back, recover, step LF beside RF

### **[9-16] Out, Out, In, In, (Side, Drag) x 2**

**1-4** Step RF forward and to the right diagonal, step LF forward and to the left diagonal, return and step RF back, step LF next to RF

**5-8** Step RF to right side, drag LF toward RF with shimmy shoulders, step LF to left side, drag RF toward LF with shimmy shoulders

**Have Fun !!**

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