

CUPFUL OF LIFE

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Count: 32 **Wall:** 4 **Level:** beginner

Choreographer: Anita McNab

Music: The Cup Of Life by Ricky Martin

WALK FORWARD ON LEFT WITH KICK, WALK BACK WITH TOUCH

- 1-2 Step forward on left, step forward on right
- 3-4 Step forward on left, kick right foot to front
- 5-6 Step back on right, step back on left
- 7-8 Step back on right, touch left beside right

STEP LEFT, TOGETHER, LEFT, TOUCH USING CUBAN HIPS - REPEAT TO RIGHT

- 9-12 Step side left, step right beside left, step side left, touch right beside (traveling left)
- 13-16 Step side right, step left beside right, step side right, touch left beside (traveling right)

FORWARD OUT LEFT, OUT RIGHT, BACK LEFT, TOUCH RIGHT (OUT, OUT, IN, IN)

- 17-18 Step left forward 45 degree angle to left, step right forward 45 degree angle to right (out, out)
- 19-20 Step left back to home position, touch right beside left (in, in)
- 21-22 Step right forward 45 degree angle to right, step left forward 45 degree angle to left (out, out)
- 23-24 Step right back to home position, touch left beside right (in, in)

HIP WIGGLES, 1/3 TURN RIGHT, HOLD, CLAP

- 25&26 Wiggle hips left, right (or wiggle double time)
- 27&28 Wiggle hips left, right (or wiggle double time)
- 29-30 Step forward on left, pivot $\frac{1}{4}$ turn to right stepping onto right
- 31-32 Touch left toe beside right, hold and clap

REPEAT