

# **"Ritmo De La Vida"**

**Choreographer: Marie Sørensen (Sunshine Cowgirl) Denmark - July 2013**

**4 Wall - Improver - 32 Counts**

**Music: "Ritmo De La Vida" By Liz Abella**

**Album: Rythm Of Live**

**[www.legalsounds.com](http://www.legalsounds.com)**

**Intro: 16 Counts (From the heavy beat)**

## **SAMBA STEP RIGHT, LEFT, ROCK, RECOVER, SHUFFLE $\frac{3}{4}$ TURN RIGHT**

1&2 Cross right over left, rock left to left side, recover (Traveling forward)

3&4 Cross left over right, rock right to right side, recover (Traveling forward)

5-6 Rock fwd. on right, recover

7&8  $\frac{1}{2}$  turn right, step right to right side, step left next to right,  $\frac{1}{4}$  turn right, step fwd. on right (09:00)

## **SAMBA STEP LEFT, RIGHT, ROCK, RECOVER, $\frac{1}{4}$ TURN CHASSE LEFT**

1&2 Cross left over right, rock right to right side, recover (Traveling forward)

3&4 Cross right over left, rock left to left side, recover (Traveling forward)

5-6 Rock fwd. on left, recover

7&8  $\frac{1}{4}$  turn left, step left to left side, step right next to left, step left to left side (06:00)

## **ROCK, RECOVER, SAILOR $\frac{1}{4}$ TURN RIGHT, ROCK, RECOVER, SAILOR $\frac{1}{4}$ TURN LEFT**

1-2 Cross rock right over left, recover

3&4 Step right behind left,  $\frac{1}{4}$  turn right, step left next to right, step fwd. on right (09:00)

5-6 Cross rock left over right, recover

7&8 Step left behind right,  $\frac{1}{4}$  turn left, step right next to left, step fwd. on left (06:00)

## **PRIZZY WALK, HOLD, PRIZZY WALK, HOLD, STEP $\frac{1}{4}$ TURN LEFT, CROSS, CHASSE**

1-2 Cross right over left, hold

3-4 Cross left over, right, hold

5&6 Step fwd. on right,  $\frac{1}{4}$  turn left, cross right over left

7&8 Step left to left side, step right next to left, step left to left side (03:00)

## **RESTART:**

**During wall 5, after 24 Counts – Facing 06:00**

**During wall 10, after 16 Counts – Facing 12:00**

## **Have Fun!**

Contact:

Email: [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)