

VIDA LOCA

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MUSIC: CD Ricky Martin Track #1 "Livin' La Vida Loca" available \$0.99
from Amazon.com Cut at 2.20
FOOTWORK: Opposite unless indicated
RHYTHM: SALSA RAL PHASE V + 2 + 1 UNPHASED [curly whip, turkish
towel]
SEQUENCE: INTRO A B A(MOD) B(1-16) END
SPEED: REDUCED TO 95% (adjust speed for comfort) Revised: 9/08

INTRO

1-8 WAIT;;; FWD & BK BASIC X 2;;;
1-4 Fcg ptr WALL with both hands jnd lead ft free wait;;;
5-8 [FWD & BK BASIC X 2] sm fwd L, sm rec R, bk L,-; sm bk R, sm rec L,
fwd L,-; REPEAT MEAS 5 & 6 INTRO;;

PART A

1-4 NYR; TWRL TO TAMARA; UNWRAP; CUCA;
1 [NYR] release trail hnds sm thru L with straight leg opening out to fc
RLOD, rec R to fc ptr, sd L joining both hnds,-;
2 [TWIRL TO TAMARA] with both hnds jnd in plc L, R, L leading W to
trn undr jnd lead hnds to fc RLOD in tamara position (W trn RF under
lead hnds R, L, R to fc RLOD in tamara position,-);
3 [UNWRAP TAMARA] in plc R, L, R leading W to trn LF to unwrap,-(W
fwd R trng LF, sd & fwd L cont LF trn, fwd R to fc ptr,-);
4 [CUCA] sd R, rec L, cl R,-;
5-8 NYR X 3;; CROSS BDY ENDG;
5-7 [NYR X 3] with lead hnds nd sm thru L with straight leg opening out to fc
RLOD, rec R to fc ptr, sd L,-; sm thru R with straight leg opening out to
fc LOD, rec L to fc ptr, sd R,-; REPEAT MEAS 1 PART A;
8 [CROSS BDY ENDG] bk R trng 1/4 LF to fc LOD leading W to cross
LOD, rec L trng 1/4 fc COH, sd R,-(W fwd L, fwd R crossing in frnt of M
& trng 1/2 LF to fc ptr WALL, sd L,-);
9-14 HIP RKS DOWN & UP;;; CROSS BDY;;
9-12 [HIP RKS DOWN & UP] moving in a downward motion rk slow sd L, -,
slow sd R,-; moving in an upward motion rk slow sd R,-, slow sd L,-;
REPEAT MEAS 9 & 10 PART A;;
13-14 [CROSS BDY] sd L, rec R, cl L,-; sd R, rec L, cl R,;;
15-20 HND TO HND; SPOT TRN; CURLY WHIP;; NATL TOP IN 6;;
15 [HND TO HND] REPEAT MEAS 5 & 6 INTRO in CP;;
16 [SPOT TRN] XRIF of L trng 1/2 LF on crossing foot, rec L, cont LF trn to
fc ptr, sd R jn lead hnds,-;
17-18 [CURLY WHIP] with both hnds jnd fwd L, rec R, sd L trng 1/8 to the R
blending to CP,-(W bk R, rec L comm LF trn undr jnd lead hnds, cont
LF trn cl R,-) end M fcg COH; XRIB of L, sd L, XRIF of L,-(W sd L,
XRIF, sd L,-);
19-20 [NATL TOP IN 6] sd L, XRIB of L, sd L,- (W XRIF of L, sd L, XRIF
of L,-); XRIB of L, sd L, XRIB of L-(W sd L, XRIF of L, sd L,-);

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PART A (CONT)

- 21-24 NATL OPENING OUT; U/A TRN; NYR; CROSS BDY ENDG;
- 21 [NATL OPENING OUT] with sl L sd lead & R sd stretch open W out sd L, rec R leading W to CP, cl L to R,-(W open out trng 1/2 RF bk R, rec L trng 1/2 LF blending to CP, sd R,-);
- 22 [U/A TRN] bk R, rec L, cl R,-(W XLIF of R trng RF undr jnd lead hnds, fwd R cont RF trn to fc ptr, sd L,-);
- 23 [NYR;] REPEAT MEAS 5 PART A;
- 24 [CROSS BDY ENDING] REPEAT MEAS 8 PART A;
- 25-30 CHNG PLC L TO R TO FC WALL; CUCA; FULL BASIC;; CHASE WITH FULL TRNS;;
- 25 [CHNG PLC L TO R TO FC WALL] rk apt L, rec R, sd & fwd L trng 1/2 RF to fc WALL & leading W to trn 1/2 LF undr jnd lead hnds,-(W rk apt R, rec L twd M's R sd, sd & fwd R trng _ LF undr jnd lead hnds to fc ptr COH,-)
- 26 [CUCA] fcg ptr WALL sd L, rec R, sd L,-;
- 27-28 [FULL BASIC] REPEAT MEAS 5 & 6 INTRO;;
- 29-30 [CHASE WITH FULL TRNS] fwd L trng 1/2 RF, rec fwd R trng 1/2 RF, fwd L to fc ptr,-(W bk R, rec L, fwd R,-); bk R, rec L, fwd R,-(W fwd L trng 1/2 RF, rec fwd R trng 1/2 RF, fwd L to fc ptr,-) end fcg ptr WALL and shake hnds;

PART B

- 1-4 TURKISH TOWEL;;;;
- 1-4 [TURKISH TOWEL] fwd L, rec R, sd L,-(bk R, rec L, sd & fwd R,-); bk R, rec L, sd R to end Varsouv pos with M in front of W to her R sd,-(W XLIF of R trng RF undr jnd R hnds, fwd R cont trn, fwd L arnd M on his R sd to end in back of M & to his L sd joining L hnds,-); ck sm bk L, rec R, sd L to W's L sd,-(ck sm fwd R, rec L, sd R to M's R sd,-); ck sm bk R, rec L, sd R to W's R sd,-(W ck sm fwd L, rec R, sd L to M's L sd,-);
- 5-8 MOD CATAPULT;; NYR x 2;;
- 5-6 [MOD CATAPULT] W bhd M both fcg wall with both hnds jnd bhd M fwd L, rec R leading W to M's L sd, release R hnds cl L & lead W fwd to spin R,- (bk R, rec sd & fwd L, fwd R passing M's L comm RF spin,-); in plc R, L, R,-(W fwd L cont RF spin, cont RF trn fwd R to fc ptr, in plc L,-)end fcg ptr wall;
- 7 [NYR] REPEAT MEAS 1 PART A;
- 8 [NYR] REPEAT MEAS 6 PART A chng to R/R hnd hold,-;
- 9-14 TURKISH TOWEL;;;; MOD CATAPULT;;
- 9-14 REPEAT MEAS 1-6 PART B;;;;;

