



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Ritmo De La Vida

32 Count, 4 Wall, Improver

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

Choreographed to: Ritmo De La Vida by Liz Abella,
Album: Rhythm Of Life

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)

RESTARTS:

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

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