



CORAZON Y VIDA

Choreographed by: Francien Sittrop (Netherlands)

Music: **Alma, Corazon y Vida** by **Marcos Llunas Feat. Tamara**

Descriptions: 32 count, 4 wall, Beginner/Intermediate level line dance

Intro: Start after 32 Counts

1-9 Step Fwd, Rock Recover, Lockstep Back, Rock Recover, Shuffle ¼ R

1-3 Step L Diagonally fwd, Cross Rock R over L, Recover on L

4&5 Step R Diag R back, Lock L across R, Step R Diag back

6-7 Rock L back, Recover on R (**12.00**)

8&1 Step L to L side, Step R next to L *****R*****, ¼ R step L Back (**03.00**)

Body Movement: Option count 6-7 : You can make ¼ Turn L and watch over your L shoulder and recover back

10-16 ¼ R Rock Recover, Behind Side Cross, Side Rock Recover, Sailor ¼

L

2-3 ¼ Turn R rock R to R side, Recover on L (**06.00**)

4&5 Step R behind L, Step L to L side, Step R across L

6-7 Rock L to L side, Recover on R

8& Sweep L behind R with ¼ Turn L, Step R next to L (**03.00**)

17-24

Fwd (last step of Sailor). Lock, Lock Step Fwd, Cross, Back, Shuffle ½ R

1-2 Step L fwd, Lock R behind L

3&4 Step L fwd, Lock R behind R, Step L fwd

5-6 Step R across L, Step L back

7&8 ¼ Turn R step R to R side, Step L next to R, ¼ R step R fwd (**09.00**)

25-32 Step Fwd, Pivot ½ R, Step Fwd, Pivot ½ R with Touch, Side Rock Recover, Crossing Shuffle

1-2 Step L fwd, Pivot ½ Turn R

3-4 Step L fwd, Pivot ½ Turn R and Touch R across L foot

5-6 Rock R to R side, Recover on L

7&8 Step R across L, Step L to L side, Step R across L

Enjoy the Music and you may use your hips,

Start Again

Restart: Wall 7 After count 8& start again with count 1