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 fnt 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,-;
13-14 [CROSS BDY] sd L, rec R, ch 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 feg COH; XRIB of L, sd L, XRIF of L,-(W sd L, XRIF, sd L,-);
VIDA LOCA  
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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, -(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;;;;;
VIDA LOCA
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15-18 STOP & GO; CUCA X 2; FULL BASIC;

15-16 [STOP & GO] with lead hnds jnd, rk bk L, rec R, fwd L leading W to trn under jnd lead hnds-(W bk R, rec L, fwd R trng 1/2 LF undr jnd lead hnds,-); fwd R, rec L, sm bk R leading W to trn RF under jnd lead hnds,- (W bk L, rec R, fwd L trng 1/2 RF undr jnd lead hnds to end fc ptr,-);

17-18 [CUCA X 2] sd L, rec R, cl L,- ; sd R, rec L, cl R,-;

19-20 [FULL BASIC] REPEAT MEAS 5 & 6 INTRO;;

PART A MOD

1-26 NYR ; TWRL TO TAMARA; UNWRAP; CUCA; NYR X 3;; CROSS BDY
ENGD; HIP RKS DOWN & UP;; CROSS BDY;; HND TO HND; SPOT TRN;
CURLY WHIP;; NATL TOP 6;; OPENING OUT; U/A TRN; FULL BASIC;;
CHASE W/FULL TRNS;;

1-22 REPEAT MEAS 1-22 PART A;;----------------------;

23-26 REPEAT MEAS 27 to 30 PART A;;

REPEAT PART B (1-16)
END

1-3 CUCA X 2; STRT STOP & GO & HOLD;

1-2 [FULL BASIC] REPEAT MEAS 17 & 18 PART B;;

3 [STRT STOP & GO & HOLD] REPEAT MEAS 15 PART B & fwd R (ldy bk L, hold,-,-);