

# “MI VIDA”

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**MUSIC:** **“Mi Vida”** Pimpinela, Casa Musica The Best Vol. 25, *Vivo Latino*, Track #15.  
**Dance Vision** CD 482 [Music edited for length]

**PHASE & RHYTHM:** **Phase IV+2 Rumba** (full natural top, opening out)

**SEQUENCE:** **INTRO, A, B, C, A MOD, B, C, END** [Contact Choreographer for Availability]

## INTRO

**1-4** **WAIT (OP FCING / WALL trail ft free); 3 ALTERNATIVE BASICS;;;**  
1 [WAIT] OP FCing / WALL no hds trail ft free wait 1 ms;  
2 QQS [ALTERNATIVE BASIC] Cl R to L in pl, cl L to R in pl, sd R, \_\_ (W cl L to R in pl, cl R to L in pl, sd L, \_\_);  
3 QQS [ALTERNATIVE BASIC] Cl L to R in pl, cl R to L in pl, sd L, \_\_ (W cl R to L in pl, cl L to R in pl, sd R, \_\_);  
4 QQS [ALTERNATIVE BASIC] Cl R to L in pl, cl L to R in pl, sd R, \_\_ (W cl L to R in pl, cl L to R in pl, sd R, \_\_);

**5-8** **NY; AIDA; HIP RK 3; SLOWLY STP BK to AIDA LINE;**  
5 QQS [NY] LOP / WALL ck fwd L RLOD, rec bk R, sd L, \_\_ (W LOP fc COH ck fwd R RLOD, rec bk L, sd R, \_\_);  
6 QQS [AIDA] OP fwd R LOD, fwd L rf trn, bk R to AIDA LINE, \_\_ (W OP fwd L LOD, fwd R lf trn, bk L AIDA LINE, \_\_);  
7 QQS [HIP RK 3] AIDA LINE fc RLOD rk fwd L, rk bk R, rk fwd L, \_\_ (W AIDA LINE fc RLOD rk fwd R, rk bk L, rk fwd R, \_\_);  
8 S [STP BK to AIDA LINE] Bk R to AIDA LINE slowly present rt arm, \_\_, \_\_, \_\_ (W bk L to AIDA LINE slowly present lt arm, \_\_, \_\_, \_\_);

## PART A

**1-4** **SWITCH-X to BFY; CRAB WK 3; REV UNDERARM TRN; UNDERARM TRN to CP;**  
1 QQS [SWITCH-X] AIDA LINE bk & sd L, rec sd R, xLif RLOD to BFY / WALL, \_\_ (W bk & sd R, rec sd L, xRif RLOD to BFY fc COH, \_\_);  
2 QQS [CRAB WK] BFY / WALL sd R, xLif, sd R RLOD, \_\_ (W BFY fc COH sd L, xRif, sd L RLOD, \_\_);  
3 QQS [REV UNDERARM TRN] X-ck Lif lead W underarm trn, rec bk R, sd L, \_\_ (W xRif lf underarm trn, fwd L LOD, sd R, \_\_);  
4 QQS [UNDERARM TRN] X-ck Rib lead W underarm trn, rec fwd L, sd R CP / WALL, \_\_ (W xLif rf underarm trn, fwd R RLOD, sd L CP, \_\_);

**5-8** **1/2 BASIC & FAN;; HKY STK;;**  
5 QQS [1/2 BASIC] CP fwd L, rec bk R, sd L, \_\_ (W BFY bk R, rec fwd L, sd R, \_\_);  
6 QQS [FAN] Bk R, rec fwd L slight lf trn, sd R fc DW in FAN POS, \_\_ (W fwd L lf trn, bk R, bk L fc RLOD in FAN POS, \_\_);  
7 QQS [HKY STK] FAN POS ck fwd L, rec bk R, cl L to R, \_\_ (W FAN POS cl R to L, fwd L, fwd R RLOD, \_\_);  
8 QQS Ck bk R fc DRW, fwd L lead W underarm trn, fwd R LOFP / DRW, \_\_ (W fwd L DRW, fwd R lf underarm trn, bk L LOFP fc DC, \_\_);

**9-12** **FWD BASIC; BK WK 6;; FULL NAT TOP;**  
9 QQS [FWD BASIC] LOFP / DRW ck fwd L, rec bk R, bk L LOD, \_\_ (W LOFP ck bk R, rec fwd R, fwd L LOD, \_\_);  
10 QQS [BK WK 6] LOFP / RLOD bk R, bk L, bk R, \_\_ (W fc LOD fwd L, fwd R, fwd L, \_\_);  
11 QQS Bk L, ck bk R, sd & fwd L to CP / RLOD, \_\_ (W fwd R, fwd L, fwd R to CP fc LOD, \_\_);  
12 QQS [FULL NAT TOP] CP / RLOD rf cir rotation xRib, sd L, xRib fc WALL, \_\_ (W CP rf cir rotation sd L, xRif, sd L fc COH, \_\_);

**13-16** **fin NAT TOP;; OP OUT to FC; Lady PUSH OFF to HKY STK END;**  
13 QQS Cont rf cir rotation sd L, xRib, sd L fc DC, \_\_ (W cont rf cir rotation xRif, sd L, xRif fc DRW, \_\_);  
14 QQS Cont rf cir rotation xRib, sd L, cl R to L CP / WALL, \_\_ (W cont rf cir rotation sd L, xRif, cl L to R CP fc COH, \_\_);  
15 QQS [OP OUT to FC] CP / WALL rf body rotation sd L release lt sd, rec R, cl L to R, \_\_ (W CP rf op out bk R, rec L lf trn, sd R fc COH, \_\_);  
16 QQS [PUSH OFF to HKY STK END] Release ptr ck bk R, rec fwd L, fwd R LOFP / WALL, \_\_  
(W using rt hd to push off M's chest & trming lf fwd L WALL, fwd R lf trn, bk L LOFP fc COH, \_\_);

## PART B

**1-4** **ALEMANA to LARIAT;;;;**  
1 QQS [ALEMANA] LOFP / WALL ck fwd L, rec bk R, cl L to R, \_\_ (W ck bk R, rec fwd L, fwd R to M's lt sd, \_\_);  
2 QQS Ck bk R lead W underarm trn, rec fwd L, cl R to L, \_\_ (W fwd L rf underarm trn, fwd R to WALL, rf trn fwd L COH to M's rt sd, \_\_);  
3 QQS [LARIAT] Sd L, rec R, cl L to R, \_\_ (W cir rf around & beh M fwd R, fwd L, fwd R to M's lt sd fc WALL, \_\_);  
4 QQS Sd R, rec L, sd R LOFP fc WALL, \_\_ (W cont rf cir around M fwd L, fwd R, sd L LOFP fc COH, \_\_);

**5-8** **NY 4; NY; SPT TRN; HD to HD to BFY;**  
5 QQQQ [NY 4] LOFP ck fwd L RLOD, rec bk R, ck sd L, rec sd R LOFP (W ck fwd R RLOD, rec bk L, ck sd R, rec sd L LOFP);  
6 QQS [NY] Ck fwd L RLOD, rec bk R, sd L BFY / WALL, \_\_ (W ck fwd R RLOD, rec bk L, sd R BFY fc COH, \_\_);  
7 QQS [SPT TRN] Fwd R LOD lf trn, fwd L RLOD, sd R BFY / WALL, \_\_ (W fwd L LOD rf trn, fwd R RLOD, sd L BFY fc COH, \_\_);  
8 QQS [HD to HD] Lf trn bk L OP / LOD, rec fwd R rf trn, sd L BFY / WALL, \_\_ (W rf trn bk R OP / LOD, rec fwd L lf trn, sd R BFY fc COH, \_\_);

# “MI VIDA” Cont.

## PART B Cont.

**9-12** **SERPIENTE;; NY; SPT TRN;**  
9 QQS [SERPIENTE] BFY / WALL xRif, sd L, xRib, ronde L ccw (W BFY xLif, sd R, xLif, ronde R cw);  
10 QQS XLib, sd R, xLif, ronde R ccw (W xRib, sd L, xRif, ronde L cw);  
11 QQS [NY] Ck fwd R LOD, rec bk L, sd R, \_\_ (W ck fwd L LOD, rec bk R, sd L, \_\_);  
12 QQS [SPT TRN] Fwd L RLOD, rf trn fwd R LOD, sd L BFY / WALL, \_\_ (W fwd R RLOD, lf trn fwd L LOD, sd R BFY fc COH, \_\_);

**13-17** **OP CRAB WKS to BFY;; FENCE LINE 4; FENCE LINE; SLO HIP RK 2 to CP;**  
13 QQS [OP CRAB WKS] BFY release ld hds fwd R, sd L tch lead hds, release lead hds fwd R, \_\_ (W BFY fwd L, sd R, fwd L, \_\_);  
14 QQS Sd L, fwd R, sd L blend BFY, \_\_ (W sd R, fwd L, sd R blend BFY, \_\_);  
15 QQQQ [FENCE LINE 4] BFY / WALL x-ck R LOD, rec bk L, ck sd R, rec sd L (W BFY x-ck L LOD, rec bk R, ck sd L, rec sd R);  
16 QQS [FENCE LINE] X-ck R LOD, rec bk L, sd R, \_\_ (W x-ck L LOD, rec bk R, sd L, \_\_);  
17 SS [SLO HIP RK 2] Rk sd L, \_\_, rk sd R blend CP / WALL, \_\_ (W rk sd R, \_\_, rk sd L blend CP fc COH, \_\_);

## PART C

**1-4** **BASIC to X-BODY;; BASIC to X-BODY;;**  
1 QQS [BASIC TO X-BODY] CP / WALL fwd L, rec bk R, lf trn sd L fc LOD, \_\_ (W CP fc COH bk R, rec fwd L, fwd R, \_\_);  
2 QQS Bk R, rec fwd L lf trn, sd R CP / COH, \_\_ (W fwd R, fwd L lf trn, sd R CP fc WALL, \_\_);  
3 QQS [BASIC TO X-BODY] CP / COH fwd L, rec bk R, lf trn sd L fc RLOD, \_\_ (W CP fc WALL bk R, rec fwd L, fwd R, \_\_);  
4 QQS Bk R, rec fwd L lf trn, sd R CP / WALL, \_\_ (W fwd R, fwd L lf trn, sd R CP fc COH, \_\_);

**5-8** **BRK BK to ½ OP; OP IN & OUT RUNS;; THRU, SD, CL to BFY;**  
5 QQS [BRK BK to ½ OP] CP / WALL lf trn bk L ½ OP / LOD, rec fwd R, fwd L, \_\_ (W CP rf trn bk R ½ OP / LOD, rec fwd L, fwd R, \_\_);  
6 QQS [OP IN & OUT RUNS] ½ OP fwd R DW, fwd L rf trn, fwd R ½ LOP / LOD, \_\_ (W ½ OP fwd L, fwd R, fwd L ½ LOP / LOD, \_\_);  
7 QQS ½ LOP fwd L, fwd R, fwd L ½ OP / LOD, \_\_ (W ½ LOP fwd R DW, fwd L rf trn, fwd R ½ OP / LOD, \_\_);  
8 QQS [THRU, SD, CL] ½ OP / LOD fwd R, sd L, cl R to L BFY / WALL, \_\_ (W ½ OP / LOD fwd L, sd R, cl L to R BFY fc COH, \_\_);

## PART A MOD

**1-4** **CRAB WKS to RLOD;; REV UNDERARM TRN; UNDERARM TRN to CP;**  
1 QQS [CRAB WKS to RLOD] BFY / WALL xLif to RLOD, sd R, xLif, \_\_ (W BFY fc COH xRif to RLOD, sd L, xRif, \_\_);  
2 QQS Sd R, xLif, sd R, \_\_ (W sd L, xRif, sd L, \_\_);  
**5-8** **½ BASIC & FAN;; HKY STK;;**  
**9-12** **FWD BASIC; BK WK 6;; FULL NAT TOP;**  
**13-16** **fin NAT TOP;; OP OUT TO FC; Lady PUSH OFF to HKY STK END;**

## PART B

**1-4** **ALEMANA to LARIAT;;;**  
**5-8** **NY 4; NY; SPT TRN; HD to HD to BFY;**  
**9-12** **SERPIENTE;; NY; SPT TRN;**  
**13-17** **OP CRAB WKS to BFY;; FENCE LINE 4; FENCE LINE; SLO HIP RK 2 to CP;**

## PART C

**1-4** **BASIC to X-BODY;; BASIC to X-BODY;;**  
**5-8** **BRK BK to ½ OP; OP IN & OUT RUNS;; THRU, SD, CL to OP FCing;**

## END

**1-4** **4 ALTERNATIVE BASICS;;;**  
3 QQS [ALTERNATIVE BASIC] OP FCing no hds cl L to R in pl, cl R to L in pl, sd L, \_\_ (W OP FCing cl R to L in pl, cl L to R in pl, sd R, \_\_);  
2 QQS [ALTERNATIVE BASIC] Cl R to L in pl, cl L to R in pl, sd R, \_\_ (W cl L to R in pl, cl R to L in pl, sd L, \_\_);  
3 QQS [ALTERNATIVE BASIC] Cl L to R in pl, cl R to L in pl, sd L, \_\_ (W cl R to L in pl, cl L to R in pl, sd R, \_\_);  
4 QQS [ALTERNATIVE BASIC] Cl R to L in pl, cl L to R in pl, sd R, \_\_ (W cl L to R in pl, cl L to R in pl, sd R, \_\_);

**5-8** **NY; AIDA; HIP RK 3; SLOWLY STP BK to AIDA LINE;**  
5 QQS [NY] LOP / WALL ck fwd L RLOD, rec bk R, sd L, \_\_ (W LOP fc COH ck fwd R RLOD, rec bk L, sd R, \_\_);  
6 QQS [AIDA] OP fwd R LOD, fwd L rf trn, bk R to AIDA LINE, \_\_ (W OP fwd L LOD, fwd R lf trn, bk L AIDA LINE, \_\_);  
7 QQS [HIP RK 3] AIDA LINE fc RLOD rk fwd L, rk bk R, rk fwd L, \_\_ (W AIDA LINE fc RLOD rk fwd R, rk bk L, rk fwd R, \_\_);  
8 S [STP BK to AIDA LINE] Bk R to AIDA LINE slowly present rt arm, \_\_, \_\_, \_\_ (W bk L to AIDA LINE slowly present lt arm, \_\_, \_\_, \_\_);