

Alle, Ole

**BEGINNER** 

32 Count 4 Walls
Choreographed by: Val Thomas
Choreographed to: Cup Of Life by Ricky Martin

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1 - 8 9 - 32	INTRO: ONCE ONLY Walk to side turning slightly left, left to side, cross right over left, left to side turning to right, kick right, flick head back turning slightly right, right to side, cross left over right, right to side turning to left, kick left, flick head back Repeat 3 times more.
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1 & 2 & 3 & 4 5 - 8 & 12	SECTION A  44 syncopated 1/4 right pivots (step forward on left, turn 1/4 right) (weight right)  Swivel heels left, right, center, clap  4 syncopated 1/4 left pivots (step froward on right, turn 1/4 left)(weight left)
& 12 & 12	4 Syncopated 1/4 left pivots (step floward off right, turn 1/4 left)(weight left)
13 - 16 & 20 & 20	Swivel heels right, left, center, clap Touch left to side, step together, touch right to side, step together, left heel at 45, lift left foot, left heel at 45
23 & 24 23 & 24	Step back left, right heel, back right, left heel, back left, right heel, lift right foot, right heel
& 25 - 26 27 & 28 29,30	Step back on ball of right, step forward on left, turn 1/4 right (weight to right) Left kick ball-change Step forward right, stomp left together
27 - 28	/At the end of the dance, you will replace 27&28 with 1/4 left turn to face front (weight to left), throw right fist in the air
1 - 5 6 - 10	SECTION B Twist to right: heels, toes, heels center, clap Twist to left: heels, toes, heels center, clap
1 - 2 & 3 - 4 & 5 - 6 & 7 - 8	SECTION C Step right to side, hold, step left together, step right to side, hold Step left together, step right to side, hold Step left together, step right to side, hold
1 - 2 - 3 & 4 5 & 6 7 & 8	SECTION D 5 claps 3 claps Hold 2 claps

/On chorus, on syncopated pivots wave "trailing" arm, on swivels wave arms side to side.