

Corazon Y Vida

IMPROVER

32 Count 4 Walls

Choreographed by: Francien Sittrop
Choreographed to: Alma, Corazon Y
Vida by Marcos Llunas (Feat Tamara)**1 - 9 Step fwd , Rock Recover , Lockstep Back, Rock Recover, Shuffle 1/4 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***, 1/4 R step L Back (03.00)

Body Movement : Option count 6 - 7 : You can make \hat{A} 1/4 Turn L and watch over your L shoulder and recover back**10 - 16 1/4 R Rock Recover, Behind Side Cross, Side Rock Recover, Sailor 1/4 L**

- 2 - 3 1/4 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 1/4 Turn L, Step R next to L (03.00)

17 - 24 Fwd (last step of Sailor). Lock, Lock Step fwd, Cross, Back, Shuffle 1/2 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 1/4 Turn R step R to R side, Step L next to R, 1/4 R step R fwd (09.00)

25 - 32 Step fwd, Pivot 1/2 R, Step fwd, Pivot 1/2 R with Touch, Side Rock Recover, Crossing Shuffle

- 1 - 2 Step L fwd, Pivot 1/2 Turn R
3 - 4 Step L fwd, Pivot 1/2 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**