

# CUPFUL OF LIFE

Choreographer: Anita McNab, aka Country Girl, Canada

Description: 32 count, 4 wall, beginner line dance

Music: Cup Of Life - Ricky Martin

Angelina – Lou Bega

Or any Latin music or workout music!

*Anita McNab*

## WALK FWD LT - KICK, WALK BACK WITH TOUCH

1-2 Step forward on LT, Step forward on RT

3-4 Step forward on LT, Kick RT foot to front

5-6 Step back on RT, Step back on LT

7-8 Step back on RT, touch LT beside RT

## SIDE LT, TOG, LT, TOUCH CUBAN HIPS - REPEAT TO RT

9-12 Side LT, step RT beside, step LT, touch RT beside

13-16.1 Side RT, step LT beside, step RT, touch LT

## LT OUT, RT OUT, LT HOME, TOUCH RT BESIDE LT

17-18 Step LT fwd on an angle, step RT fwd on angle (out, out)

19-20 Step LT home, touch RT beside LT (in, in)

## RT OUT, LT OUT, RT HOME, TOUCH LT BESIDE RT

21-22 Step RT fwd on an angle, step LT fwd on angle (out, out)

23-24 Step RT home, touch LT beside left (in, in)

## HIP BUMPS, 1/4 TURN RIGHT

25-26 Bump hips LT, RT

27-28 Bump hips LT, RT

29-30 Step fwd on LT, pivot 1/4 turn to RT onto RT

31-32 Touch LT toe slightly fwd, hold/clap

## REPEAT