

Sólo Se Vive Una Vez

by Azúcar Moreno

Rock left/Rock right (2)

Turn (left hand on swaying hip, right hand lasso) – Sólo se vive una vez

Rock up/Rock back (2)

Turn (left hand on swaying hip, right hand lasso) – Sólo se vive una vez

Turn on the T.V. with remote

Listen to headphones and sway head

Spirit fingers at toes going up above head

Spin above head – ay, ay, ay, ay, ay, ay

Thumbs over left shoulder (2)

Thumbs over right shoulder (2)

Thumbs over left shoulder (2)

Thumbs over right shoulder (2)

(fingers count 1,2,3) step forward “1”, stop back “2”, stop front “3”

Jump back – Caramba!

Pound heart with hands together (4)

Flap arms at sides (4)

Turn (left hand on swaying hip, right hand lasso) – Sólo se vive una vez

Jump forward, flap hands (4)

Bend at waist and wash hair (4)

Turn (left hand on swaying hip, right hand lasso) – Sólo se vive una vez

Mourto Muito Louco

by Axe Bahía

Take four steps forward (walking like a zombie) [1-2-3-4]

Pause for one count with right arm extended [5]

Take three hops backwards (with right arm extended) [6-7-8]

Take four steps forward (walking like a zombie) [1-2-3-4]

Bow and turn to the left. . .slowly [5. . .6-7-8]

Take four steps forward (walking like a zombie) [1-2-3-4]

Pause for one count with right arm extended [5]

Take three hops backwards (with right arm extended) [6-7-8]

Take four steps forward (walking like a zombie) [1-2-3-4]

Bow and turn to the left. . .slowly [5. . .6-7-8]

Arm roll from bottom right to upper left [1-2-3-4]

Wave arms back and forth twice, starting to the left [5-6-7-8]

Step right, step center, step left (twice) [1-2-3-4-5-6-7-8]

Shake head left to right while putting hands on knees (twice) [1-2-3-4]

Bending over and shrugging shoulders,

take two steps forward, then two steps back [5-6-7-8-1-2-3-4]

Bicycle [5-6-7-8]

Repeat as needed! ☺