



La Vida Es Una

Music: Karol G (From Puss in Boots: The Last Wish)
Choreo: Julia Foell (muenchner-clogger@mail.de)

Level:
Easy Int
Länge: 3:09
BPM: 110

Intro ABC ABC ABC* A End

Wait 8 beats and face to the back, move your hips

Intro

2 Shane's Cha Cha Mixer S (if) PVT (1/4 R) S S RS S (if) PVT (1/2 L) S S RS
L both R L RL R both L R LR
1 & 2 3 & 4 5 & 6 7 & 8

A

Soccer DS DT Up/H DS RS **Turn 1/2 L**
L R R /L R LR
&1 & 2 & 3 & 4

Quick Rock Slur R H(w/ots) SLR S (ib)
L R L L
& 1 & 2

Basic DS RS
R LR
&1 & 2

Repeat Soccer, Quick Rock Slur and a Basic

Samantha DS DS (xif) DR S DR S RS DS DS RS
L R R L L R L R L RL
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

2 Side Basic DS R (ots) S
R L R
&1 & 2

Rocking Chair DS Br Up/H DS RS
L R R L R LR
&1 & 2 & 3 & 4

B

Turning Vine DS DS (xif) DS DS (xib) DS DS (xib) DS RS
L R L R L R L RL
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Cross Rock Steps R (xif) S (ots) R (xif) S (ots) R (xif) S (ots) R (xif) S (ots)
R L R L R L R L
L R L R L R L R
& 1 & 2 & 3 & 4

Fancy Double DS DS RS RS
R R LR LR
&1 & 2 & 3 & 4

Repeat all with opposite footwork

C

Fancy Run DS DS (xif) BA (ots) BA (xib) BA (ots) S **Turn 1/4 L on 3&4**
L R L R L R
&1 & 2 & 3 & 4

2 Basic DS RS DS RS
L RL R LR
&1 & 2 & 3 & 4

Repeat Fancy Run and 2 Front Basic 4x

C* Like Part C but turn Fancy Run 1/2 and do it twice

End

2 Shane's Cha Cha Mixer S (if) PVT (1/4 R) S S RS S (if) PVT (1/2 L) S S RS
L both R L RL R both L R LR
1 & 2 3 & 4 5 & 6 7 & 8

At the last Step face back over your left shoulder