

# La Vida Es Una

COPPERKNOB  
STEP SHEETS

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Charles Alexander (SWE) - February 2024  
音樂: La Vida Es Una - KAROL G : (Album: Puss In Boots: The Last Wish)



Intro: 24 counts, approx. 12 sec – 110 bpm  
Dance starts facing 10:30

## [1 – 8] ROCKING CHAIR, 1/8 TURN RIGHT BOTAFOGO, CROSS, SIDE, BEHIND-SIDE-PRESS 1/8 TURN

1&2&                      Rock R fwd. Recover onto L. Rock R back. Recover onto L.  
3&4                      Cross R over L. 1/8 turn right rock L to side. Recover onto R. [12:00]  
5-6                      Cross L over R. Step R to side.  
7&8                      Step L behind R. Step R to side. 1/8 turn right press L toes forward. [1:30]

Styling: Bend both knees slightly on count 8

## [9 – 16] BACK w/SWEEP R-L, BEHIND-SIDE-CROSS 3/8 TURN, HOLD, ¼ TURN & BACK & CROSS & CROSS

1-2                      Recover/step back R sweeping L front to back. Step back L sweeping R front to back.  
3&4                      Gradually turning 3/8 right: Step R behind L. Step L to side. Cross R over L. [6:00]  
5-&6                      Hold. 1/8 turn right step L to side. 1/8 turn right step R behind L. [9:00]  
&7&8                      Step L to side. Cross R over L. Step L to side. Cross R over L.

## [17 – 24] L SAMBA WHISK, R CHASSÉ, 1/8 TURN RIGHT WALK L-R, STEP, ½ TURN

1-2&                      Step L to side. Rock R behind L. Recover onto L.  
3&4                      Step R to side. Step L beside right. Step R to side.  
5-6                      1/8 turn right step L forward. Step R forward. [10:30]  
7-8                      Step L forward. ½ turn right taking weight on R. [4:30]

## [25 – 32] BATUCADAS L-R&L, BACK w/KICK, WALK R, RUN FWD L-R-L

1-2&                      Press L forward. Recover onto R. Step L beside R.  
3&4&                      Press R forward. Recover and step R beside L. Press L forward. Recover onto R.

**Note: Batucadas moving slightly back.**

5-6                      Step L back kicking R forward with straight leg. Step R forward.  
7&8                      Run forward L-R-L. [4:30]

No tags, no restarts! Amazing!

Website: [www.lostinline.se](http://www.lostinline.se)  
E-mail: [charles.akerblom@gmail.com](mailto:charles.akerblom@gmail.com)