Así Es La Vida

Count: 64 **Wall:** 2 **Level:** Improver
Choreographer: José María Tomé (ES) - September 2020
Music: Viva la Vida - Coldplay : (4' 02")

Choreo starts after 32 counts intro. TAG & Restart on 4th wall, facing [12:00].

(1-8) STEP, SWEEP, CROSS, BACK, BACK, SWEEP, BEHIND, SIDE

1 - 2	(1) LF step forward, (2) RF sweep forward
3 - 4	(3) RF cross over LF, (4) LF step back
5 - 6	(5) RF step back, (6) LF sweep backwards
7 - 8	(7) LF cross behind RF, (8) RF step to R

(9-16) STEP, ROCK, RECOVER, CROSS, BACK, ¼ RIGHT, CROSS SHUFFLE

1 - 2	(1) LF step forward, (2) RF rock to R
3 - 4	(3) recover weight on LF, (4) RF cross over LF
5 - 6	(5) LF step back, (6) ¼ turn R and RF step to R [3:00]
7 & 8	(6) LF cross over RF, (&) RF close behind LF (8) LF cross over RF

(17-24) LONG STEP R, ⅛ L SLIDE&TOUCH, ⅛ L ROCK BACK, KICK BALL STEP, STEP, ¼ L SWEEP

1 - 2	(1) RF long step to R, (2) ⅛ L and LF slide&touch close to RF, facing [1:30]
3 - 4	(3) ⅛ L and LF rock back, facing [12:00], (4) recover weight on RF [12:00] [
5 & 6	(5) LF Kick forward, (&) small step on the ball on LF near RF, (6) RF step forward
7 - 8	(7) LF step forward, (8) RF sweep forward and turning ¼ to L [9:00]

(25-32) STEP, STEP, ½ TURN R, ¼ R STEP, BEHIND, ¼ L STEP, STEP, ½ TURN L

1 - 2	(1) RF step forward, (2) LF step forward
3 - 4	(3) ½ turn to R, weight on RF, (4) ¼ R LF step to L [6:00]
5 - 6	(5) RF behind LF, (* TAG & Restart on 4th wall), (6) ¼ turn L LF step forward [3:00]
7 - 8	(7) RF step forward, (8) ½ turn to L, weight on LF [9:00]

(33-40) RIGHT GRAPEVINE, SIDE, TOGETHER, SHUFFLE FWD

1 - 2	(1) RF step to R, (2) LF step behind RF
3 - 4	(3) RF step to R, (4) LF touch beside RF
5 - 6	(5) LF step to L, (6) RF together LF
7 & 8	(7) LF step forward, (&) RF close to LF, (8) LF step forward

(41-48) SIDE ROCK, CROSS, SIDE, 2x (BEHIND, POINT)

1 - 2	(1) RF step to R, (2) recover weight on LF
3 - 4	(3) RF cross over LF, (4) LF step to L
5 - 6	(5) RF behind LF, (6) LF point to L
7 - 8	(7) LF behind RF, (8) RF point to R

(49-56) BEHIND, ¼ L STEP, SIDE ROCK, JAZZ BOX

1 - 2	(1) RF behind LF, (2) ¼ to L and LF step forward [6:00]
3 - 4	(3) RF rock to R, (4) recover weight on LF
5 - 6	(5) RF cross over LF, (6) LF step back
7 - 8	(7) RF step to R, (8) LF step in front of RF

(57-64) LONG STEP R, ⅛ L SLIDE&TOUCH, ROCK BACK, KICK BALL CROSS, ⅛ R SIDE, TOGETHER

1 - 2	(1) RF long step to R, (2) ⅛ L and LF slide&touch near RF, facing [4:30] [4:30]
3 - 4	(3) LF rock back, behind RF, (4) recover weight on RF

5 & 6	(5) LF kick to left diagonal, (&) LF small step on ball near RF, (6) RF cross over LF
7 - 8	(7) ⅛ R and LF step to L, facing [6:00], (8) RF together LF [6:00]

[START AGAIN]

(*) TAG on the 4th wall, facing [12:00]: (6) LF rock to L, (7) recover weight on RF, (8) LF touch beside RF, and RESTART.

Keep on dancing , safely!!!
josemtome@telefonica.net
