

Así Es La Vida

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: José María Tomé (ES) - September 2020

Musique: 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, ⅙ L SLIDE&TOUCH, ⅙ L ROCK BACK, KICK BALL STEP, STEP, ¼ L SWEEP

- 1 - 2 (1) RF long step to R, (2) ⅙ L and LF slide&touch close to RF, facing [1:30]
- 3 - 4 (3) ⅙ 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, ⅙ L SLIDE&TOUCH, ROCK BACK, KICK BALL CROSS, ⅙ R SIDE, TOGETHER

- 1 - 2 (1) RF long step to R, (2) ⅙ 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) $\frac{1}{8}$ 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!!!
josemto@telefonica.net
