

Ole Es La Vida

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Count: 48

Wall: 2

Level: Improver

Choreographer: Daniel Trepas (NL) & Chloé Ourties (FR) - June 2026

Music: Asi Es La Vida - Dantré Vibe

Intro: 48 counts from first beat in music (app. 30 seconds into track)

[1 - 8] Step R & Hip Swing R, Recover & Hip Swing L, Chassé R, Step L & Hip Swing L, Recover & Hip Swing R, Chassé L

1 - 2 Step R to R side & swing hip to R (1), Recover on L & swing hip to L (2) 12:00

3 & 4 Step R to R side (3), Step L next to R (&), Step R to R side (4) 12:00

5 - 6 Step L to L side & swing hip to L (5), Recover on R & swing hip to R (6) 12:00

7 & 8 Step L to L side (7), Step R next to L (&), Step L to L side (8) 12:00

[9 - 16] 2x Jazz Box ¼ Turn R

1 - 4 Cross R over L (1), Turn ⅛ R stepping L back (2), Turn ⅛ R stepping R to R side (3), Step L forward (4) 3:00

5 - 8 Cross R over L (5), Turn ⅛ R stepping L back (6), Turn ⅛ R stepping R to R side (7), Step L forward (8) 6:00

[17 - 24] Mambo R Fwd, Mambo L back, Mambo R, Mambo L

1 & 2 Rock R forward (1), Recover on L (&), Step R next to L (2) 6:00

3 & 4 Rock L back (3), Recover on R (&), Step L next to R (4) 6:00

5 & 6 Rock R to R side (5), Recover on L (&), Step R next L (6) 6:00

7 & 8 Rock L to L side (7), Recover on R (&), Step L next R (8) 6:00

[25 - 32] 2x ¼ Turn L With Counter Clockwise Hip Turn, Rocking Chair

1 - 2 Step R forward (1), Turn ¼ L stepping on L (2) (option: Turn hip counter clockwise in 2 counts) 3:00

3 - 4 Step R forward (3), Turn ¼ L stepping on L (4) (option: Turn hip counter clockwise in 2 counts) 12:00

5 - 8 Rock R forward (5), Recover on L (6), Rock R back (7), Recover on L (8) 12:00

[33 - 40] Tap R 4x, Arm Movement, Tap L 4x, Clap 4x

- 1 - 4** Place R forward & Tap R (1), Tap R (2), Tap R (3), Tap R & transfer weight on R (4) Raise straight arm from down, forward to up (1-4) 12:00
- 5 - 8** Step L forward & Tap L & clap (5), Tap L & clap (6), Tap L & clap (7), Tap L & transfer weight on L & clap (8) (While clapping move hand from up to down) 12:00

[41 - 48] Rock Step Fwd, Shuffle ½ Turn R, Rock Step Fwd, Coaster Step

- 1 - 2** Rock R forward (1), Recover on L (2) 12:00
- 3 & 4** Turn ¼ R stepping R to R side (3), Step L next to R (&), Turn ¼ R stepping R forward (4) 6:00
- 5 - 6** Rock L forward (5), Recover on R (6) 6:00
- 7 & 8** Step L back (7), Step L next to R (&), Step L forward (8) 6:00