

# La Vida Es Asi

Count: 32

Wall: 4

Level: Improver

Choreographer: Chika Hapsari (INA) - August 2026

Music: La Vida Es Asi - Latin Reggaeton x Balkan Summer Anthem 2026



Intro : 32 Count

Sequence : 32, 16, 32, 32, 32, 16, TAG, 32, 4, 32, 16, 32, 32, 16

4 x Restart :

On Wall 2 ,6 & 10 after 16 count

On Wall 8 after 4 count

TAG :

1 x Tag (4 Count)

On wall 6 after 16 count

1-4 V-Step

## S1. BOTAFOGO R-L, ANCHOR STEP R-L

1&2 Cross R over L - Rock L to side - Recover on R

3&4 Cross L over R - Rock R to side - Recover on L

\*\*\*RESTART ON WALL 8

5&6 Rock R back - Recover on L - Step R in place

7&8 Rock L back - Recover on R - Step L in place

## S2. COASTER STEP, HITCH, POINT, TOUCH, SLIDE, WEAVE TO LEFT, SAILOR STEP TURN 1/2 LEFT

1&2& Step R back - Step L together - Step R forward - Hitch on L

3&4 Touch L to side - Slide L toward R - Step L to side

5&6 Cross R over L - Step L to side - Cross R behind L & sweep L from front to side

7&8 Turn 1/2 left cross L behind R - Step R next to L - Step L to side (6:00)

\*\*\*RESTART ON WALL 2,6 & 10

## S3. SWAY R-L, CHASSE, SWAY L-R, CHASSE

1-2 Sway to right - Sway to left

3&4 Step R to side - Step L together - Step R to side

5-6 Sway to left - Sway to right

7&8 Step L to side - Step R together - Step L to side

## S4. WALK R-L, FORWARD LOCK SHUFFLE, MAMBO TURN 1/4 RIGHT, HINGE TURN 1/2 LEFT

1-2 Step R forward - Step L forward

3&4 Step R forward- Lock L behind R - Step R forward

5&6 Step L forward - Turn 1/4 right step R to side - Cross L over R (9:00)

7-8 Turn 1/4 left step R back - Turn 1/4 left step L to side (3:00)

REPEAT

Enjoy the dance !

For further information please contact :

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