Ole Es La Vida

Count: 48 **Wall:** 2 **Level:** Improver
Choreographer: Daniel Trepat (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