

# La Vida Es Una (You Only Live Once)

**Level:** Easy Intermediate      **Genre:** Puss In Boots Film Soundtrack  
**Artist:** Karol G  
**Choreo:** Christine Collins  
**Speed:** Normal      **Length:** 3:09  
**Sequence:** A, B, C, D, B, C, D, E, C, D\*, E, A\*  
**Wait:** 8 Beats

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## Quick Cues

### Part A (16 beats)

16 2 Fancy Vine

### Part B (32 beats)

8 MJ Basic  
8 Lousianna Step (1/2R)  
8 MJ Basic  
8 Gypsy Flare (1/2L)

### Part C (32 beats)

8 Twisty Vine  
4 2 Samba (R & L)  
4 Pivot Chain (1/2R)  
16 REPEAT

### Part D (32 beats)

16 2 Bonanza Chug  
16 2 Football (Angle L & R)

### Part B (32 beats)

8 MJ Basic  
8 Lousianna Step (1/2R)  
8 MJ Basic  
8 Gypsy Flare (1/2L)

### Part C (32 beats)

8 Twisty Vine  
4 2 Samba (R & L)  
4 Pivot Chain (1/2R)  
16 REPEAT

## Quick Cues

### Part D (32 beats)

16 2 Bonanza Chug  
16 2 Football (Angle L & R)

### Part E (32 beats)

8 Crossover  
8 Swing Basic (1/2L)  
16 REPEAT

### Part C (32 beats)

8 Twisty Vine  
4 2 Samba (R & L)  
4 Pivot Chain (1/2R)  
16 REPEAT

### Part D\* (16 beats)

16 2 Bonanza Chug

### Part E (32 beats)

8 Crossover  
8 Swing Basic (1/2L)  
16 REPEAT

### Part A\* (17 beats)

16 2 Fancy Vine  
1 Step (OTS)

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**Step Definitions -La Vida Es Una (You Only Live Once)**

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**FANCY VINE**

DS (OTS) DS (XIF) DS (OTS) RS DS (XIF) DS (OTS) RS RS  
L R L RL R L RL RL  
&1 &2 &3 &4 &5 &6 &7 &8

**MJ BASIC**

DS DS (XIB) R S (OTS) (P) S (XIB) R (OTS) S RS DS RS  
L R L R L R L RL R LR  
&1 &2 &3 &4 &5 &6 &7 &8

**LOUISIANA STEP**

[DS DS DS DS] (FWD) (P) S (BK) (P) S (BK) PVT (1/2 R) S (FWD) (P) S (FWD)  
L R L R L R R L R  
&1 &2 &3 &4 &5 &6 &7 &8

**GYPSY FLARE** (In this dance Turn  $\frac{1}{2}$  L from &2-&6)

DS DT (FLR) H RS DT (FLR) H RS DS DT (FLR) H RS  
L R L RL R L RL R L R LR  
&1 &2 &3 &4 &5 &6 &7 &8

**TWISTY VINE**

DS DS (XIF) R (BK) BA (XIF) R (BK) BA (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF) DS RS  
L R L R L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

**SAMBA** (Arms Push out L)

DS (XIF) R (OTS) S  
L R L  
&1 &2

**PIVOT CHAIN** (Arms Roll)

DS [RS RS RS] (TURN 1/2R)  
R LR LR LR  
&1 &2 &3 &4

**BONANZA CHUG**

DS DS (XIF) DT H DT H DS (XIB) R (OTS) S (XIF) K (XIF) H K (OTS) H  
L R L R L R L R L R L R L  
&1 &2 &3 &4 &5 &6 &7 &8

**FOOTBALL**

DS-DR/K SL R S-DR/K SL RS DS R S K/DR-SL  
L L /R L R L L /R L RL R L R L/R R  
&1 &2 &3 &4 &5 &6 &7 &8

**CROSSOVER**

DS TCH (OTS) H T-H (XIF) TCH (OTS) H T-H (XIF) TCH (OTS) H T-H (XIF) TCH (OTS) H  
L R L R R L R L L R L R R L R  
&1 &2 &3 &4 &5 &6 &7 &8

**SWING BASIC** (In this dance Turn (1/2L on &3-&5) Push out Arm on 3&4, 5&6)

[DS RS FLR (REV) S (XIF) RS FLR (REV) S (XIF) RS] (FWD) DS RS  
L RL R R LR L L RL R LR  
&1 &2 &3 &4 &5 &6 &7 &8