

Nos Vies

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Marion Kautz (DE) - December 2019

Musik: Nos vies - ZAZ



Tip: Dance starts with singing

S1: Cross Rock, Chassé r, Cross Rock, Chassé l

- 1-2 Cross Right over Left. Recover weight on Left.
- 3&4 Cha cha to the right (r-l-r)
- 5-6 Cross Left over Right. Recover weight on Right.
- 7&8 Cha cha to the left (l-r-l)

S2: Cross Rock ¼ turn r, Coaster Step, Step, Pivot ½ turn r, Shuffle ½ turn r

- 1-2 Cross Right over Left, ¼ Turn on the Right turning right, Recover weight on Left (3 Uhr)
- 3&4 Step Right back, Step Left next to Right, Step Right forward
- 5-6 Step Left forward, Pivot ½ Turn to the right (9 Uhr)
- 7&8 Cha cha forward with ½ Turn turning right (l-r-l) (3 Uhr)

S3: Rock Back, Shuffle ½ turn l, Back, Back, Coaster Step

- 1-2 Step Right back, Recover weight on Left
- 3&4 Cha cha forward with ½ Turn to the left (r-l-r) (9 Uhr)
- 5-6 Step Left back, Step Right back
- 7&8 Step Left back, Step Right next to Left, Step Left forward

S4: Step, Step, Chassé diagonal ¼ turn l, Back, Back, Chassé diagonal ¼ turn l

- 1-2 Step Right forward, Step Left forward
- 3&4 Cha cha diagonal forward to the right with ¼ Turn turning left(r-l-r) (6 Uhr)
- 5-6 Step Left back, Step Right back,
- 7&8 Cha cha diagonal back to the left with ¼ Turn turning left (l-r-l) (3 Uhr)

Tags: after 2., 8., 10. wall: Rocking Chair
