

# Nos Vies

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Marion Kautz (DE) - December 2019  
音乐: 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**

---