

Ceux Qu'on Etait

拍数: 56
编舞者: Véronique Vernet (FR) - May 2024
音乐: Ceux qu'on était - Pierre Garnier

墙数: 2

级数: Easy Intermediate



PART A : 24 counts

[1-8] R SIDE STEP- STEP TIC TAC WITH ¼ TURN L - L TOGETHER – R COASTER STEP – L TRIPLE FWD – CROSS OVER L WITH SWEEP R-

- 1,2 Step RF to side R (1) – Turning L Heel in (2)
- &3 Make ¼ turn L turning R heel out (&) - Step LF together (3) 9:00
- 4&5 Coaster step : Step RF Backward - Step LF next to RF – Step RF Forward
- 6&7 Triple LF : Step LF forward (6), Step RF next to LF (&), Step LF forward
- 8 Cross Step RF over LF with sweep from back to front

[9-16] DIAMAND WITH 6/8 TURN R – STEP FWD L , R

- &1,2 Step LF to side L (&) - Make 1/8 turn R stepping RF backward (1)– Step LF backward (2) 10:30
- &3,4 Make 1/8 turn R Stepping RF to side R (12:00) - Make 1/8 turn R stepping LF Fwd – Step RF fwd 14:30
- &5,6 Make 1/8 turn R stepping LF to side L (3:00) – Make 1/8 turn R stepping RF backward – Step LF backward 16:30
- &7,8 Make 1/8 turn R stepping RF to side R (6:00) – Step LF Fwd - Step RF Fwd

Dance 15 counts and Tag facing 6:00 add Sweep R in small anticlockwise circle

[17 - 24] STEP BEHIND – STEP FWD L – STEP TURN STEP – SIDE ROCK – CROSS - SIDE ROCK - CROSS – CIRCLE WITH RF

- &1 Step LF next to RF - Step RF Fwd
- 2&3 Step RF Fwd – Pivot 1/2 R – Step LF Fwd
- 4&5 Step RF to side R – Recover on LF - Cross RF over LF
- 6&7 Step LF to side L – Recover on RF – Cross LF over R
- 8& Sweep R in small anticlockwise circle

PARTIE B : 32 Counts

[1-8] BASIC NIGHT CLUB – SIDE STEP – BACK R,L,R- SWAY- SIDE-CROSS OVER

- 1,2 & Step RF to R– Step LF beside RF – Cross RF over LF
- 3,4&5 Step LF to L – Step back RF, LF, RF
- 6&7 Step LF to L with sway – Sway R , L
- 8& Step RF to R – Cross LF over RF

[9-16] SIDE STEP – L SAILOR STEP ¼ turn – TRIPLE FULL TURN – L CROSS ROCK OVER R – R SIDE STEP – R CROSS ROCK OVER R – L SIDE STEP

- 1,2&3 Step RF To R – Cross LF behind RF –Make ¼ turn L Stepping RF in place – Step LF to L
- 4&5 Make ½ L stepping back on RF - Make ½ Turn L stepping fwd on RF (9:00)
- 6&7 Step LF over RF – Recover on RF – Step LF to L
- 8& Step RF over LF – Recover on LF FINAL : Cross rock step with ¼ turn R

Steps from 1 to 16 are the same as 17 to 32

[17-24] BASIC NIGHT CLUB – SIDE STEP – BACK R,L,R- SWAY- SIDE-CROSS OVER

- 1,2 & Step RF to R– Step LF beside RF – Cross RF over LF
- 3,4&5 Step LF to L – Step back RF, LF, RF
- 6&7 Step LF to L with sway – Sway R , L
- 8& Step RF to R – Cross LF over RF

[25-32] SIDE STEP – L SAILOR STEP ¼ turn – TRIPLE FULL TURN – L CROSS ROCK OVER R – R SIDE STEP – R CROSS ROCK OVER R – L SIDE STEP

1,2&3 Step RF To R – Cross LF behind RF –Make ¼ turn L Stepping RF in place – Step LF to L
4&5 Make ½ L stepping back on RF - Make ½ Turn L stepping fwd on RF (9:00)
6&7 Step LF over RF – Recover on RF – Step LF to L
8& Step RF over LF – Recover on LF

FINISH! TADAAA! ;)

Dance 15 counts (after diamand) of Part A, add Tag

[8&] CIRCLE WITH RF : Sweep R in small anticlockwise circle facing 6:00

ENDING: : Dance 16 counts PARTIE B change 8& with Cross rock step R with ¼ Turn R 12:00

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Last Update: 9 Jun 2024
