

C'est Bon C'est Bon

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Elaine Jordan (UK)
音乐: Mambo de la Luna - Kirsty MacColl



PART A

CROSS GRIND, BACK, TOGETHER, HOLD TWICE

- 1-4 Grind right heel across left foot as you rock forward onto it, step back onto left, step right foot in place as you transfer weight to right and hold 1 count
5-8 Grind left heel across right foot as you rock forward onto it, step back onto right foot, step left in place as you transfer weight back onto it and hold 1 count

FULL MONTEREY TURN HOLD, CROSS SIDE CROSS RONDE

- 1-4 Point right toe to right side, spin full turn to right on left foot, transferring weight to right foot in place, point left toe to left side and hold for 1 count
5-8 Cross left foot over right, step side right, cross left foot over right, sweep right foot out and around to front

CROSS SIDE CROSS TURN ½, TOE POINT FORWARD HOLD BACK HOLD

- 1-4 Cross right over left, step side left, cross right over left, unwind ½ turn to left, (with weight on right foot,)
5-8 Point left toe forward, hold for 1 count, point left toe back, hold for 1 count

LEFT LOCK LEFT, POINT RONDE, ¾ TURN RIGHT HOLD

- 1-4 Step forward on left foot, step right foot behind left heel, step forward on left, hold for one count
5-8 (5) Point right toe across the front of left, (6) sweep right toe around ¾ ronde turn to the right pivoting on left foot, (using right toe for balance) (7) touch right toe along side of left foot, (8) hold for 1 count

PART B

CROSS UNWIND, CROSS UNWIND

- 1-4 Cross right foot over left, 2 count unwind ½ turn to left (weight on right) hold for 1 count
5-8 Cross left foot over right, 2 count unwind ½ turn to right (weight on left) hold for 1 count

RIGHT SAILOR STEP LEFT SAILOR STEP

- 1-4 Step right foot behind left, left foot to left side, step right foot in place, hold for 1 count
5-8 Step left foot behind right, right foot to right side, step left foot in place, hold for one count

STEP TURN STEP, HOLD, STEP TURN STEP HOLD

- 1-4 Step forward on right foot, pivot ½ turn left onto left foot, step forward onto right foot, hold for 1 count
5-8 Step forward on left foot, pivot ½ turn right onto right foot, step forward onto left foot, hold for 1 count

CROSS UNWIND SHOULDERS HIPS

- 1-4 Cross right foot over left unwind full turn to left over four counts
5-8 Roll shoulders back in small circles right left right left at the same time bend knees slightly and relax hips (not too relaxed or you'll fall over)

REPEAT

This dance can be done as intermediate as above. For the more advanced option: Treachery! It is danced in sequence. AB, AB, A, AB, AB, AB to the end. If you prefer this explanation all the way through twice, then ½

way. All the way through to the end
