

C'est La Vie

拍数: 52 墙数: 4 级数: Intermediate
编舞者: Raymond Tutt (UK)
音乐: C'est la Vie - Shania Twain



TOE TOUCHES, RIGHT SAILOR STEP, TOE TOUCHES, LEFT SAILOR STEP ¼ TURN

1-2 Touch right toe forward, touch right toe to right side
3&4 Cross right behind left, step left to left side, step right to right side
5-6 Touch left toe forward, touch left toe to left side
7&8 Cross left behind right, step right to right side, step left turning ¼ left

½ TURN, COASTER STEP, SKATE STEPS, LEFT SHUFFLE

9-10 Step forward on right and pivot ½ turn to right, stepping back on left
11&12 Step back on right, step left beside right, step forward on right
13-14 Skate forward on left, skate forward on right
15&16 Step forward on left, close right beside left, step forward on left

FULL TURN, RIGHT SHUFFLE, MAMBO STEPS

17-18 Step forward on right and pivot full turn to left, step forward on left
19&20 Step forward on right, close left beside right, step forward on right
21&22 Rock forward on left, rock back on right, step back on left
23&24 Rock back on right, rock forward on left, step forward on right

SIDE ROCKS, BEHIND AND CROSS, POINT, UNWIND ¾

25-26 Rock to left side on left, recover on right
27&28 Step left behind right, step right to right side, step left across right
29-30 Point right to right, step right across left
31-32 Unwind ¾ turn left. (weight on left)

CROSS SHUFFLE, SIDE ROCKS, CROSS SHUFFLE, ¼ & ½ TURNS

33&34 Cross right over left, step left to left side, cross right over left
35-36 Rock left to left side, recover on right
37&38 Cross left over right, step right to right, cross left over right
39-40 Step right to right side making ¼ turn right and on the ball of right foot continue to make a further ½ turn, stepping back on left. .

COASTER STEP, LEFT SHUFFLE, HEEL BOUNCES, ½ TURN

41&42 Step back on right, step left beside right, step forward on right
43&44 Step forward on left, step right beside left, step forward on left
45-48 Stomp forward on right, hold, bounce on heels making ½ turn left over 2 beats

COASTER STEP, WALKS FORWARD

49&50 Step back on left, step right beside left, step forward on left
51&52 Walk forward on right, walk forward on left

You can replace steps 51 & 52 with a full turn

REPEAT