

C'est La Vie

拍數: 64 牆數: 0 級數: Phrased Improver
編舞者: Muhammad Yani (INA) - September 2022
音樂: C'est la vie - Khaled



Sequences : ABB AABB AABB ABB
NO TAG & NO RESTART

PART A.

S1. KICK BALL CHANGE 2X (10.30), CROSS - TURN 1/8R. SIDE (12.00), TURN 1/8 R. COASTER STEP (01.30)

- 1&2 Turn 1/8L. Kick RF fwd, Step RF next to LF, Step LF in place
- 3&4. Kick RF fwd, Step RF next to LF, Step LF in place
- 5-6. Cross RF over LF, Turn 1/8R. Step LF to L
- 7&8. Turn 1/8R. Step RF back, Step LF next to RF, Step LF forward

S2. CROSS, TURN 1/8L. SIDE (12.00), TURN 1/8L. COASTER STEP (10.30), 1/2L. PIVOT (04.30), 3/8L.PIVOT (12.00)

- 1-2. Cross LF over RF, Turn 1/8L. Step RF to R
- 3&4. Turn 1/8R. Step LF back, Step RF next to LF, Step LF fwd
- 5-6. Step RF forward, Turn 1/2L. Step LF on place
- 7-8. Step RF forward. Turn 3/8L. Step LF on place

S3. STEP TO SIDE (R/L/R) - TOUCH BESIDE, STEP TO SIDE (L/R/L) - TOUCH BESIDE

- 1-4. Step RF to R side, Step LF to L side, Step RF to R side, Touch LF beside RF
- 5-8. Step LF to L side, Step RF to R side, Step LF to L side, Touch RF beside LF

S4. MONTEREY, TOUCH (OUTSIDE - BESIDE)

- 1-4. Touch RF out side, Close RF next to LF, Touch LF out side, Close LF next to RF
- 5-8. Touch RF out side, Touch RF next to LF, Touch RF out side, Touch RF next to LF

PART B

S1. MAMBO

- 1&2. Rock RF forward, Recover on LF, Step LF back
- 3&4. Rock LF back, Recover on RF. step LF forward
- 5&6. Rock RF to R side, Recover on LF, Close RF beside LF
- 7&8. Rock LF to L side, Recover on RF, Close LF beside RF

S2. VINE - TOUCH OUTSIDE, LEFT FULL TURN - TOUCH BESIDE

- 1-4. Step RF to R side, Cross LF behind RF, Step RF to R, Touch LF out side
- 5-8. Turn 1/4L. Step LF forward, Turn 1/2L. Step LF back, Turn 1/4L. Step LF to L side, Touch RF next to LF

S3. TURN 1/4R. V STEP, V STEP

- 1-4. Step RF diagonal forward R, Step LF diagonal Forward L, Turn 1/4R. Step RF to R side, Step LF next to RF
- 5-8. Step RF diagonal forward R, Step LF diagonal forward L, Step RF back to centre, Step LF next to RF

S4. SAMBA WISK, TURN 1/4R. SAMBA WISK, TRIPLE STEP (FORWARD/BACKWARD)

- 1&2. Step RF to R side, Rock cross LF behind RF, Recover on RF
- 3&4. Turn 1/4R. Step LF to L, Rock Cross RF behind LF, Recover on LF
- 5&6. Step RF forward, Step LF next to RF, Step RF in place

7&8. Step LF Backward. Step Rf next to LF, step LF in place

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