

Life's Like That (C'est La Vie)

COPPERKNOB
BY STEPSHEETS

拍數: 92 牆數: 3 級數: Intermediate/Advanced
編舞者: William Sevone (UK)
音樂: C'est la Vie - Shania Twain



Sequence: 92, 92, 92, Tag, Tag, Dance Finish

The song is phrased at 92 counts with a double 16 plus an 8 count 'finale'. The dance is the same. The track on the 'International' (Blue) disc has a very West Indian/Caribbean flavor to it, so if you feel yourself 'getting into the rhythm' go for it

2X SIDE TOUCH-TOGETHER, CROSS TOUCH, SIDE STEP, ¼ LEFT COASTER STEP, (9:00)

1-2 Touch right toe to right side, step right foot next to left
3-4 Touch left toe to left side, step left foot next to right
5-6 Cross touch right toe over left foot, step right foot to right side
7&8 Turn ¼ left & step backward onto left foot, step right foot next to left, step forward onto left foot

CROSS TOUCH, SIDE TOUCH, ¼ RIGHT COASTER STEP, ROCK FORWARD, ROCK, ½ LEFT TOGETHER, WALK FORWARD (RIGHT, LEFT,) (6:00)

9-10 Cross touch right toe over left foot, touch right toe to right side
11&12 Turn ¼ right & step backward onto right foot, step left foot next to right, step forward onto right foot
13-14 Rock forward onto left foot, rock onto right foot
&15-16 Turn ½ left & step left foot next to right, step forward onto right foot, step forward onto left foot

2X TOUCH FORWARD-SWEEP-SAILOR STEP, (6:00)

17-18 Touch right toe forward, sweep right foot toward right side
19&20 Continue sweep & step right foot behind left, step left foot to left side, step right foot to right side
21-22 Touch left toe forward, sweep left foot toward left side,
23&24 Continue sweep & step left foot behind right, step right foot to right side, step left foot to left side

FORWARD TOUCH, ½ RIGHT STEP FORWARD, ROCK FORWARD, ROCK, ¼ LEFT SIDE STEP, CROSS TOUCH TOGETHER-¼ RIGHT STEP FORWARD, STEP FORWARD, (12:00)

25-26 Touch right toe forward, turn ½ right & step forward onto right foot
27-28 Rock forward onto left foot, rock onto right foot
29-30 Turn ¼ left & step left foot to left side, cross touch right toe over left foot
&31-32 Step right foot next to left, turn ¼ right & step forward onto left foot, step forward onto right foot

4X MOVING FORWARD SIDE STEP WITH EXPRESSION, FORWARD SAILOR STEP FORWARD STEP-LOCKSTEP, (12:00)

33-34 Step left foot to left - swing hips & arms to left, step right foot to right - swing hips & arms to right
35-36 Step left foot to left - swing hips & arms to left, step right foot to right - swing hips & arms to right

Counts 33-36 move slightly forward. These are not diagonal steps

37&38 Cross step left foot behind right, step right foot to right side, step forward onto left foot
39&40 Step forward onto right foot, lock left foot behind right heel, step forward onto right foot

4X MOVING FORWARD SIDE STEP WITH EXPRESSION, ¼ RIGHT SAILOR STEP, ¼ RIGHT COASTER STEP, (6:00)

- 41-42 Step left foot to left - swing hips & arms to left, step right foot to right - swing hips & arms to right
- 43-44 Step left foot to left - swing hips & arms to left, step right foot to right - swing hips & arms to right

Counts 41-44 move slightly forward. These are not diagonal steps

- 45&46 Cross step left foot behind right, step right foot to right side, turn $\frac{1}{4}$ right & step backward onto left foot
- 47&48 Step backward onto right foot, step left foot next to right, turn $\frac{1}{4}$ right & step forward onto right foot

FORWARD FULL TURN RIGHT, 2X CROSS ROCK-ROCK-SIDE STEP WITH EXPRESSION, (6:00)

- 49-50 Turn $\frac{1}{4}$ right & step left foot to left side, turn $\frac{3}{4}$ right & step forward onto right foot
- 51-52 (Bending knees) cross rock left foot over left, rock onto right foot
- 53-54 (Straightening up) step left foot to left side, (bending knees) cross rock right foot over left
- 55-56 Rock onto left foot, (straightening up) step right foot to right side

WALK FORWARD (LEFT, RIGHT,), 2X SOFT SHOE SHUFFLES WITH EXPRESSION, WALK FORWARD (LEFT, RIGHT,), (6:00)

- 57-58 Walk forward: left foot, right foot
- 59&60 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe
- 61&62 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
- On counts 59-62, 'roll' hands forward**
- 63-64 Walk forward: left foot, right foot

2X SOFT SHOE SHUFFLES WITH EXPRESSION, ROCK FORWARD-BACKWARD, $\frac{1}{2}$ LEFT STEP FORWARD, $\frac{1}{4}$ LEFT SIDE STEP, (9:00)

- 65&66 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe
- 67&68 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
- On counts 65-68, 'roll' hands forward, hand rolls done in double time**
- 69-70 Rock forward onto left foot, rock onto right foot
- 71-72 Turn $\frac{1}{2}$ left & step forward onto left foot, turn $\frac{1}{4}$ left & step right foot to right side

STEP BEHIND, SIDE STEP, $\frac{1}{4}$ RIGHT ROCK FORWARD, ROCK, $\frac{1}{2}$ LEFT STEP FORWARD, $\frac{1}{4}$ LEFT SIDE STEP, SAILOR STEP, (3:00)

- 73-74 Cross step left foot behind right, step right foot to right side
- 75-76 Turn $\frac{1}{4}$ right & rock step forward onto left foot, rock onto right foot
- 77-78 Turn $\frac{1}{2}$ left & step forward onto left foot, turn $\frac{1}{4}$ left & step right foot to right side
- 79&80 Cross step left foot behind right, step right foot to right side, step left foot to left side

2X LONG DIAGONAL 'HAND ROLLS', STEP BEHIND, $\frac{1}{2}$ LEFT, COASTER STEP, (9:00)

- 81-82 (Body turned diagonal forward left) 'roll' hands forward (bouncing heels slightly with counts)
- 83-84 (Body turned diagonal forward right), 'roll' hands forward (bouncing heels slightly with counts)
- The hand rolls are done in double time**
- 85-86 Cross step left foot behind right, unwind $\frac{1}{2}$ left (weight on left foot)
- 87&88 Cross step right foot behind left, step left foot to left side, step right foot to right side

4X HIP PUSH WITH EXPRESSION, (9:00)

- 89-90 Push hips & 'flick' right hand to right (click fingers), push hips & 'flick' left hand to left (click fingers)
- 91-92 Push hips & 'flick' right hand to right (click fingers), push hips & 'flick' left hand to left (click fingers)

REPEAT

TAGS

There are 2 tags, both following each other after the completion of wall 3

1-16 Repeat the last 16 counts (77-92)

DANCE FINISH

After the second tag do the following to finish when the music does and facing the 'home wall'

1-2 Cross step left foot behind right, unwind $\frac{3}{4}$ left (weight on left foot)

3-4 Walk forward: right foot, left foot

&5&6 Hop backward onto left foot, step onto right foot, hop backward onto right foot, step onto left foot

&7&8 Hop backward onto left foot, step onto right foot, hop backward onto right foot, step onto left foot

On the 'hop' or '&' counts, clap hands at head height. On count 8, right hand on hat brim, left hand on left hip
