

# C'est Bon C'est Bon

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Elaine Jordan (UK)  
音樂: 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

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