

C'est La Vie

拍數: 0 牆數: 4 級數:
編舞者: Cindi Talbot (CAN)
音樂: C'est La Vie - B*Witched



Sequence: Either 6 walls of A, then the tag, then A to the end, or else AB AAB A tag BAB

PART A

SAILOR SHUFFLES, FULL BACK TURN, COASTER STEP

- 1&2 Right sailor shuffle right-left-right
- 3&4 Left sailor shuffle left-right-left
- 5-6 Step left foot behind right making backward ½ turn to right but moving to left side, step left beside right making ½ turn right completing the full backward turn
- 7&8 Right back coaster step right-left-right

CHASSE LEFT, MODIFIED TURNING VINE RIGHT

- 9-10 Take wide step left, clap
- &11-12 Quickly step right foot to left. Step left to left, leaving wide space between feet. Clap
- 13-16 Making a full turn right, step right, step left, step right bending both knees and putting hands on thighs, step left beside right straightening legs

2 KICK-BALL-CHANGES, MONTEREY TURN, 2 RIGHT KICK-BALL CHANGES, ½ PIVOT, ¼ PIVOT

- 17&18 Right kick-ball change
- 19&20 Right kick-ball change
- 21-24 Touch right toe to right, make ½ turn right putting weight. On right, touch left toe left step left next to right
- 25&26 Right kick-ball change
- 27&28 Right kick-ball change
- 29-30 Step right forward, pivot ½ left, putting weight on left
- 31-32 Step right forward, pivot ¼ left, putting weight on left

PART B (OPTIONAL)

OPEN & CLOSE RIGHT, OPEN & CLOSE LEFT, 2 SHUFFLES FORWARD

- 1-2 Bring arms up with elbows out, hands in front of face with fingers spread apart. Step right wide to right bending knees slightly outward and distributing your weight center, arms open up at the same time. Bring right back in beside left, at the same time bring hands back to first position
- 3-4 Repeat above on left side
- 5&6 Shuffle forward right-left-right
- 7&8 Shuffle forward left-right-left

OPEN & CLOSE RIGHT, OPEN & CLOSE LEFT, 2 SHUFFLES BACK

- 9-10 Repeat 1, 2
- 11-12 Repeat 3, 4
- 13&14 Shuffle back right-left-right
- 15&16 Shuffle back left-right-left

TURNING VINE RIGHT, TURNING VINE LEFT

- 17-20 Right turning vine with a touch (2 claps)
- 21-24 Left turning vine with a touch (2 claps)

SLOW JUMPS FORWARD, QUICK JUMPS BACK

- &25-26 Jump forward right left, hold (at the same time, bring your arms like you're throwing a basket ball but with your head bent slightly forward)
- &27-28 Same as &25, 26
- &29&30&31&32 Quickly jump back right-left, right-left, right-left, right-left (at the same time bring head up arms are circling like something is pushing you back)
- &27-28 Jump forward right-left, hold

TAG

After 6th repetition

- 1-4 Stand in place and clap your hands over your head 4 times
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