

C'est La Vie

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Carmel Hutchinson (USA)
音樂: C'est la Vie - Jo-El Sonnier



GRAPEVINE LEFT, KICK LEFT, GRAPEVINE RIGHT, KICK RIGHT

- 1-2 Cross right foot behind left, step to left on left foot
- 3-4 Step right across left, kick left foot at a 45 degree angle left
- 5-6 Cross left behind right, step to right on right foot
- 7-8 Step left across right, kick right foot at a 45 degree angle right

FORWARD RIGHT, TOUCH LEFT, BACK LEFT, TOUCH RIGHT (WHILE MAKING ½ TURN RIGHT)

- 1-2 Step forward on right foot, touch left toe behind right foot
- 3-4 Step back on left foot, touch right heel forward into ¼ turn right
- 5-6 Step forward on right foot, touch left toe behind right foot
- 7-8 Step back on left foot, touch right heel forward into ¼ turn right

GRAPEVINE RIGHT, KICK LEFT, GRAPEVINE LEFT, KICK RIGHT

- 1-2 Step back on right foot, cross left foot over right
- 3-4 Step to right on right foot, kick left foot at a 45 degree angle left
- 5-6 Step back on left foot, step right across left
- 7-8 Step to left on left foot, kick right foot at a 45 degree angle right

FORWARD RIGHT, TOUCH LEFT, BACK LEFT, TOUCH RIGHT (WHILE MAKING ½ TURN RIGHT)

- 1-2 Step forward on right foot, touch left toe behind right foot
- 3-4 Step back on left foot, touch right heel forward into ¼ turn right
- 5-6 Step forward on right foot, touch left toe behind right foot
- 7-8 Step back on left foot, touch right heel forward into ¼ turn right

¼ TURN LEFT, POINT LEFT, ¼ TURN RIGHT, POINT RIGHT, HIP BUMPS RIGHT & LEFT

- 1-2 Step back on right foot into ¼ turn left, point left toe forward
- 1-3 Step down on left foot into ¼ turn right, point right toe forward
- 5-6 Step down on right foot and bump hips to right twice
- 7-8 Step down on left foot and bump hips to left twice

On counts 1-4, bend knees when stepping down and straighten up when pointing

RIGHT AND LEFT "TURNED OUT" TOE-STEPS, ROCK BACK, RECOVER, RIGHT TOE-STEP

- 1-2 Touch right toe diagonally forward, step down on right heel
- 3-4 Touch left toe diagonally forward, step down on left heel
- 5-6 Rock back onto right foot, step forward on left foot
- 7-8 Touch right toe diagonally forward, step down on right heel

LEFT AND RIGHT "TURNED OUT" TOE-STEPS, ROCK BACK, RECOVER, LEFT TOE-STEP

- 1-2 Touch left toe diagonally forward, step left foot next to right
- 3-4 Touch right toe diagonally forward, step right foot next to left
- 5-6 Rock back on left foot, step forward on right foot
- 7-8 Touch left toe diagonally forward, step down on left heel

DIAGONAL HIP BUMPS RIGHT & LEFT, 3/8 TURN LEFT, HIP BUMPS RIGHT & LEFT

- 1-2 Bump hips to right twice (2:00:00)
- 3-4 Bump hips to left twice (8:00:00)

5-6
7-8

Turn 3/8 left on left foot (facing 6:00) and bump hips to right twice
Bump hips to left twice

REPEAT
