

C'est La Vie

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 0 級數:
編舞者: Amanda Humphrey (USA)
音樂: C'est La Vie - B*Witched



CROSS KICKS

- 1&2& Kick right across left, step right beside left, kick left across right, step left beside right
3-4 Kick right across left twice
&5&6& Step right beside left, kick left across right, step left beside right, kick right across left, step right beside left
7-8 Kick left across right twice

LEFT SIDE SHUFFLE, ROCK, RIGHT SIDE SHUFFLE, ROCK

- 1&2 Step left foot to left, step right beside left, step left to left
3-4 Rock right across in front of left, recover weight on left
5&6 Step right foot to right, step left beside right, step right to right
7-8 Rock left across in front of right, recover weight on right

CHASSE' LEFT, FULL TURN LEFT

- 1-2 Step left foot to left, hold & clap
&3-4 Step right beside left, step left to left, hold & clap (weight on left)
5-6 On ball of left foot pivot $\frac{1}{4}$ left and step forward on right, on balls of both feet pivot $\frac{1}{2}$ left placing weight on left
7-8 On ball of left foot pivot $\frac{1}{4}$ left and step right to right side step left beside right

CHASSE' RIGHT, FULL TURN RIGHT

- 1-2 Step right foot to right, hold & clap
&3-4 Step left beside right, step right to right, hold & clap (weight on right)
5-6 On ball of right foot pivot $\frac{1}{4}$ right and step forward on left, on balls of both feet pivot $\frac{1}{2}$ right placing weight on right
7-8 On ball of right foot pivot $\frac{1}{4}$ right and step left to left side, touch right beside left

ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

- 1-2 Rock right across in front of left, recover weight on left
3&4 Triple step in place right-left-right
5-6 Rock left across in front of right, recover weight on right
7&8 Triple step in place left-right-left

LEFT PADDLE TURN, VINE RIGHT

- &1 Hitch right knee while pivoting $\frac{1}{4}$ left on left, touch right to right
&2 Hitch right knee while pivoting $\frac{1}{4}$ left on left, touch right to right
&3 Hitch right knee while pivoting $\frac{1}{4}$ left on left, touch right to right
&4 Hitch right knee while pivoting $\frac{1}{4}$ left on left, touch right to right
5-6 Step right foot to right side, cross and step left behind right
&7-8 Rock right foot to right, step left in place, step right beside left

Option: On counts &1&2&3&4 clench both fists in center of chest on the & counts and pump right fist down along right leg and left fist to left shoulder on counts 1-2-3-4)

VINE LEFT, RIGHT PADDLE TURN

- 1-2 Step left foot to left side, cross and step right behind left
&3-4 Rock left foot to left, step right in place, touch left beside right
&5 Hitch left knee while pivoting $\frac{1}{4}$ right on right, touch left to left

&6 Hitch left knee while pivoting $\frac{1}{4}$ right on right, touch left to left

&7 Hitch left knee while pivoting $\frac{1}{4}$ right on right, touch left to left

&8 Hitch left knee while pivoting $\frac{1}{4}$ right on right, touch left to left

& Step left beside right

Option: On counts &5&6&7&8 clench both fists in center on chest on the & counts and pump left fist down along left leg and right fist to right shoulder on counts 5-6-7-8)

REPEAT
