

C'est La Vie 2022 (P)

Compte: 32

Mur: 0

Niveau: Novice Partner



Chorégraphe: Nancy Milot (CAN), Guy Dubé (CAN), Helene Lavoie (CAN) & Michel Auclair (CAN) - February 2022

Musique: C'est La Vie - Surfaces & Thomas Rhett

Start: In Promenade position, man: step L and lady: step R.

The partners are face LOD.

Intro: 16 counts, No Tag No Restart.

[1-8] M: STEP FWD, FLICK, 1/4 TURN L and CHASSÉ to R, ROCK SIDE, FLICK, SHUFFLE in 1/2 TURN R

[1-8] L: STEP FWD, FLICK, 1/4 TURN R and CHASSÉ to L, ROCK SIDE, FLICK, SHUFFLE in 1/2 TURN L

1-2 M: Step L forward, step R bending behind L knee (flick)

L: Step R forward, step L bending behind R knee (flick)

3&4 M: 1/4 turn to left and chassé to right with RLR OLOD

L: 1/4 turn to right and chassé to left with LRL ILOD

5-6 M: Recover weight on step L, step R bending behind L knee (flick)

L: Recover weight on step R, step L bending behind R knee (flick)

7&8 M: Shuffle in 1/2 turn to right with RLR (ending cross step R over L) OLOD

L: Shuffle in 1/2 turn to left with LRL (ending cross step L over R) ILOD

*** You are now face to face in position Close Western position.

[9-16] M: STEP SIDE, TOGETHER, CHASSÉ to L in 1/4 TURN R, 1/2 TURN R, STEP, MAMBO STEP FWD

[9-16] L: STEP SIDE, TOGETHER, CHASSÉ to R in 1/4 TURN L, 1/2 TURN L, STEP, MAMBO STEP FWD

1-2 M: Step L to left side, step R together L

L: Step R to right side, step L together R

3&4 M: Step L to left side, step R together L, 1/4 turn to right and step L back RLOD

L: Step R to right side, step L together R, 1/4 turn to left and step R back RLOD

5-6 M: 1/2 turn to right and step R forward, step L forward LOD

L: 1/2 turn to left and step L forward, step R forward LOD

*** On count 5, let go both hands.

*** On count 6, the man with his R hand take back the lady's L hand. You are now in Promenade position.

7&8 M: Rock step R forward, recover on L, step R back

L: Rock step L forward, recover on step R, step L back

[17-24] M: STEP SIDE, TOGETHER, SHUFFLE FWD, 2X (WALK DIAG. FWD), SHUFFLE FWD

[17-24] L: STEP SIDE, TOGETHER, SHUFFLE FWD, 1/2 TURN R and 2X WALK BACK, SHUFFLE BACK

1-2 M: Step L to left side, step R together L

L: Step R to right side, step L together R

3&4 M: Shuffle forward with LRL

L: Shuffle forward with RLR

5-6 M: Walk forward diagonally to right with RL

L: 1/2 turn to right and walk back with LR RLOD

*** On count 5, the man with his R hand, raise the lady's L hand over her head.

*** On count 6, the man with his L hand take back the lady's R hand.

*** You are now in Double Hand Hold position.

7&8 M: Shuffle forward with RLR

L: Shuffle back with LRL

[25-32] M: ROCK SIDE, RECOVER, COASTER STEP, 2X (WALK FWD), TRIPLE STEP

[25-32] L: ROCK SIDE, RECOVER, COASTER STEP, 2X (WALK FWD), SHUFFLE in HALF-CIRCLE to L

1-2 M: Rock side left, recover on R

L: Rock side right, recover on L

3&4 M: Step L back, step R together L, step L forward

L: Step R back, step L together R, step R forward

5-6 M: Walk forward with RL

L: Walk forward with LR

***** On count 5, the man let go the lady's R hand and lead with his R hand, the lady's L hand toward the man's L shoulder.**

***** On count 6, the man let go the lady's L hand.**

7&8 M: Triple step on place with RLR

L: Shuffle in half-circle to left with LRL LOD

***** On count 7&8, the lady slide her L hand on the man's shoulders from left toward right.**

***** On count 8, the man with his R hand take back the lady's L hand.**

***** You are back in Promenade position.**

HAVE FUN & ENJOY !

NANCY & GUY, HÉLÈNE & MICHEL
