

C'est La Vie

COPPER KNOB
STEPPERS

拍数: 80 墙数: 4
编舞者: Eva Bart (DE) - May 2025
音乐: C'est La Vie - Claude

级数: Phrased Improver



Intro : start dance at 26 seconds into the song, 1 Restart

Sequence: A, B, B, A, B, B, B, B with Restart, A
Part A is a waltz part

Part A: 48 Counts (Waltz)

Step with drag to side 4 Times

123 Step R to R, drag L to R
456 Step L to L, drag R to L
123 Step R to R, drag L to R
456 Step L to L, drag R to L

Styling: Swing Arms in the direction youre going

Step with drag fwd and bwd, Turn with 6 Steps

123 Step R fwd, drag L to R
456 Step L bwd, drag R to L
123456 1x full Turn to the right using all 6 Steps

Styling: Swing Arms up when you step fwd and down as you step bwd

Step with drag to side 4 Times

123 Step R to R, drag L to R
456 Step L to L, drag R to L
123 Step R to R, drag L to R
456 Step L to L, drag R to L

Styling: Swing Arms in the direction youre going

Paddle Turn

123 Point R fwd (12 o clock) turning ¼ to left
456 Point R fwd (9 o clock) turning ¼ to left
123 Point R fwd (6 o clock) turning ¼ to left
456 Point R fwd (3 o clock) turning ¼ to left

Styling: Swing R arm in the Direction your foot is pointing

Part B : 32 Counts

Cross Point 2x, Rock step fwd, Right Shuffle ¼ Turn right

1,2 Cross R over L, Point L to L side
3,4 Cross L over R, Point R to R side
5,6 Rock forward on to R, recover weight on to L
7 & 8 Shuffle ¼ Turn Right, stepping R L R

Restart here on Wall 6 at 3 o clock. For the Restart Change count 7 and 8. Instead of the shuffle turn, Step R to R Side Turning ¼ to R, Close L to R, Weight is on L. Than start with Part A

Weave, Side Rock, Cross Shuffle

1,2,3&4 (1) Cross L over R, (2) step R to side, (3) cross L behind R, (&) Step R to side, (4) cross L over R
5,6 Rock R to R side, Recover on to L
7 & 8 Cross R over L, step L to side, Cross R over L

Syncopated Side Rocks, Cross, Step Back, R Shuffle

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| 1,2 & | (1) Rock R to R Side, (2) recover on to L, (&) close R to L |
| 3,4 & | (3) Rock L to L Side, (4) Recover on to R, (&) Close L to R |
| 5,6 | Cross R over Left, Step L back |
| 7 & 8 | (7) Step R to R Side, (&) Step L next to R, (8) Step R to R |

Step, Twist Heels, Hitch, Step Back, Rock step fwd, Flick

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| 1 | Step L fwd |
| 2,3 | (2) Twist both heels to R, (3) Twist both heels back to center |
| 4 | Hitch with L |
| 5 | Step L Back, bumping Hips Back |
| 6,7 | (6) Rock fwd on R, bumping Hips fwd, (7) Recover on to L, bumping Hips back |
| 8 | Flick with R Foot bwd |

**To End the Dance facing the front, Do the paddle Turn with just ½ Turn instead of a Full
I Hope you Enjoy the dance!**
