

C'est La Vie

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Barry Watson (UK) & James Cunningham (UK)
音乐: C'est La Vie - B*Witched



Sequence: **INTRO, A (6 times), BREAK, BBAB**

INTRO

SYNCOATED JUMP CROSSES, ½ TURN RIGHT, CLAP, MASHED POTATO STEPS.

- &1 Take small step right on right foot. Take small step left on left foot.
- &2 Step right foot beside left. Cross left foot over right.
- 3-4 Unwind ½ turn right. Clap.
- &5 Split heels. Return heels sliding right heel behind left placing left heel to right in-step.
- &6 Split heels. Return heels sliding left heel behind right placing right heel to left in-step.
- &7 Split heels. Return heels sliding right heel behind left placing left heel to right in-step.
- &8 Split heels. Return heels sliding left heel behind right placing right heel to left in-step.
- &9-16 Repeat counts &1-8

PART A

SYNCOATED SIDE STEPS, SIDE STEPS, HITCH, TOUCH RIGHT, TURN HEEL, HEEL BOUNCES.

- &1 Step right foot to right side. Step left foot to left side.
- &2 Step right foot into center. Step left foot beside right
- 3-4 Step right foot to right side. Step left foot to left side.
- 5&6 Hitch left knee. Touch left toe out to left side. Turn left foot ¼ turn right.
- 7-8 Bounce left heel twice.

RIGHT VAUDEVILLE, LEFT VINE, RIGHT VAUDEVILLE, PIVOT ½ TURN RIGHT.

- 9&10 Cross right foot over left. Step back on left foot. Touch right heel forward.
- & Step right foot beside left foot.
- 11-12& Step left foot to left side. Cross right foot behind left. Step left foot to left side.
- 13&14& Repeat steps 9&10&.
- 15-16 Step forward on left foot. Pivot ½ turn right moving weight to right foot.

STEP LEFT, HOLD, STEP RIGHT, STEP, LEFT, HOLD, SCUFF, BRUSH, CROSS RIGHT, UNWIND ¼ TURN RIGHT.

- 17-18 Step left foot to left side. Hold.
- &19-20 Step right foot beside left. Step left foot into ¼ turn left. Hold.
- 21-23 Scuff right foot forward. Brush right foot back. Cross right foot behind left.
- 24 Unwind ¼ turn right with feet ending up side by side.

HAND MOVEMENTS, TURNING LEFT SHUFFLE, SCUFF RIGHT, TOUCH RIGHT.

- &25 Place fists beside one another and raise to head height while raising right knee. Lower fists & knee.
- &26 Push right fist to right side at waist level and right knee to right side. Return fist and knee to center.
- &27&28 Repeat steps &25&26 to the left side.
- 29&30 Step left foot into ¼ turn left. Step right foot beside left. Step forward on left foot.
- 31&32 Scuff right foot forward. Hitch right knee. Touch right foot in place.

PART B

HITCH, RIGHT SHUFFLE, SCUFF, ½ TURN RIGHT, BACK LEFT SHUFFLE, SCUFF, ¼ TURN RIGHT, SCUFF.

- & Hitch right knee up.
- 1&2 Step forward on right foot. Step left foot next to right. Step forward on right foot
- 3-4 Scuff left heel forward. Brush right toes back and turn ½ turn right.
- 5&6 Step back on left foot. Step right foot beside left. Step back on left foot.
- &7 Scuff right heel over left leg. Brush right toes to the left side of left leg & turn ¼ turn right.
- 8 Scuff right heel forward.

STEP RIGHT, STEP LEFT, SYNCOPATED BACK JUMPS, APPLEJACKS.

- 9-10 Step forward on right foot. Step forward on left foot.
- &11 Step right foot back to right diagonal. Step left foot back to left diagonal.
- &12 Step right foot in line with right shoulder. Step left foot in line with left shoulder.
- &13 Swivel right heel & left toes to the left side. Swivel feet back to center.
- &14 Swivel left heel & right toes to the right side. Swivel feet back to center.
- &15 Swivel right heel & left toes to the left side. Swivel feet back to center.
- &16 Swivel left heel & right toes to the right side. Swivel feet back to center taking equal weight.

BREAK

There is a 4 beat break after the 6th wall of the dance. Snake rolls may be put in or right and left triple steps. When this dance is done to other songs only part A of the dance should be danced.
