

Life is Life (c'est la vie)

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: B'J Line (FR) & Danielle MODICA (FR) - 7 December 2023
音樂: Life Is Life (C'est la vie) - Willy William



Introduction 32 counts

Section 1 [1-8] JAZZ BOX, SIDE R, SIDE L, HITCH R, STEP R FORWARD

- 1-2 Cross RF over LF (1), LF Step Back (2)* 12:00
3-4 RF to the R Side (3), Step LF Forward (4)
***counts 1 to 4 : Shimmy**
5-6 RF to the R by opening the right arm to the R (5), LF to the L by opening the left arm to the L (6) (body weight LF)
7-8 Hitch R knee by bringing your hands together above your head (7), RF forward by lowering your arms along the body (8)

Section 2 [9-16] 1/8 CHUG, 1/8 CHUG, SAILOR STEP, ROCK STEP, COASTER STEP

- 1-2 1/8 turn to the R with LF to the L (1), 1/8 turn to the R with LF to the L (2) (finish body weight on LF) 3:00
3&4 Cross RF behind LF (3), LF to the L (&), RF to the R (4)
5-6 LF slightly to the R diagonale (5), Recover on RF (6)*,
7&8 LF step back (7), RF next LF (&), LF Forward (8) 3:00

Section 3 [17-24] *arms option : count 5, extend both arms forward, count 6 bring both arms towards you TOUCH R, STEP R FORWARD, HALF TURN TOUCH L, STEP L FORWARD, STEP R FORWARD, KICK L, STEP BACK L, SIDE R, CROSS L

- 1-2 Touch RF Forward (1), Walk RF (2)* 3:00
3-4 ½ turn to the L with Touch LF Forward (3), Walk LF (4) 9:00
5-6 Walk RF (5), Kick L (6)
7&8 LF Step Back (7), RF to the R (&), Cross LF over RF (8)

***arms option : push both arms forward, bring both arms, push (push push) on counts 1,2,3,4**

Section 4 [25-32] SIDE ROCK R, BEHIND, ¼ TURN L, STEP R FORWARD, STEP L FORWARD, HALF TURN R, ¼ TURN R STEP L SIDE, TOUCH R

- 1-2 RF to the R (1), Recover on LF (2) 9:00
3&4 Cross RF behind LF (3), ¼ turn to the L with LF forward (&), RF Forward (4) 6:00
5-6 Walk LF (5), ½ Turn to the R (6) 12 :00
7-8 1/4 Turn to the R with LF to the L (7), Touch RF next LF (8), 3:00

Ending wall 6, facing 3 :00

• Section 4 : replace counts 7 and 8 by ¼ turn to the L with LF (7), RF step back by "sitting down on your RF" and crossing both arms over your chest (8)

Enjoy ☐

Source : if you have any question, don't hesitate to contact me : mavipavada@hotmail.com