

# Danse La Vie

**COPPER** **KNOB**  
STEPSHEETS

拍數: 48      牆數: 1      級數: Phrased Intermediate  
編舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - June 2025  
音樂: C'est La Vie - Claude



Intro: Start Intro on Vocal "La Vie"

Sequence: Intro, A B, B, A, B, B, B, Tag, A

Intro Danced on Vocals

"La Vie" Step right to right opening both arms to sides

"Sang To Me" Recover weight to left stepping right beside left crossing arms over chest

"Je Me Rappelle" Step right forward, pivot  $\frac{1}{2}$  left transferring weight onto left,

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"J'étais Petit" Step right beside left pushing hands down to sides

"Oh I Was" Hold

"Just" Step right forward

"A Little" Hold

"Boy" Step left forward

"But I Remember" Step right to right raising right hand up to right diagonal

"La Melodie" Circle right hand anticlockwise

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## Part A

### SEC 1 Full Diamond, Step Hitch, Step, $1\frac{1}{2}$ Run Around

- 1&a      Cross left over right, step right to right, turn  $\frac{1}{8}$  left step left back (10:30)
- 2&a      Step right back, turn  $\frac{1}{8}$  left step left to left, turn  $\frac{1}{8}$  left step right forward (7:30)
- 3&a      Step left forward, turn  $\frac{1}{8}$  left step right to right, turn  $\frac{1}{8}$  left step left back (4:30)
- 4&a      Step right back, turn  $\frac{1}{8}$  left step left to left, turn  $\frac{1}{4}$  left step right forward (12:00)
- 5-6      Step left forward raising up onto toes hitching right knee, step right forward
- 7&a      Turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{4}$  left step right forward, turn  $\frac{1}{4}$  left step left forward (3:00)
- 8&a      Turn  $\frac{1}{4}$  left step right forward, turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{4}$  left step right forward (6:00)

### SEC 2 Step Sweep, $\frac{1}{2}$ Twinkle, $\frac{1}{8}$ Walk, Walk, Back Hook, Step $\frac{1}{2}$ Lift, Back $\frac{1}{2}$ Lift, Step Lift

- 1      Step left forward sweeping right from back to front
- 2&a      Cross right over left, turn  $\frac{1}{4}$  right step left to left, turn  $\frac{1}{4}$  right step right to right (12:00)
- 3-4      Turn  $\frac{1}{8}$  right step left forward, step right forward (1:30)
- 5      Step left back hooking right over left
- 6      Step right forward turn  $\frac{1}{2}$  right lifting left back (7:30)
- 7      Step left back turn  $\frac{1}{2}$  right lifting right forward (1:30)
- 8      Step right forward lifting left back

## Part B

### SEC 1 Cross Rock, Side Shuffle, Cross, Hold, Side Rock, $\frac{1}{4}$ Recover

- 1-2      Cross rock left over right, recover weight on to right
- 3&4      Step left to left, step right beside left, step left to left
- 5-6      Cross right over left, hold
- 7-8      Rock left to left, turn  $\frac{1}{4}$  right recover weight on to right (3:00)

### SEC 2 Shuffle, Full Turn, Stomp, Hold, Step, $\frac{1}{2}$ Pivot

- 1&2      Step left forward, step right beside left, step left forward
- 3-4      Turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{2}$  left step left forward (3:00)
- 5-6      Stomp right forward, hold
- 7-8      Step left forward, pivot  $\frac{1}{2}$  right transferring weight onto right (9:00)

**SEC 3 ½ Shuffle, ½ Shuffle, Rock, Coaster Step**

- 1&2 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (3:00)  
3&4 Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (9:00)  
5-6 Rock left forward, recover weight on to right  
7&8 Step left back, step right beside left, step left forward

**SEC 4 Step, ½ Pivot, Step, ¼ Pivot, Side, Hold**

- 1-2 Step right forward, pivot ½ left transferring weight onto left (3:00)  
3-4 Step right forward, pivot ¼ left transferring weight onto left (12:00)  
5 Step right to right

**Arms Open arms to sides**

- 6-7-8 Hold for 3 counts

**Tag****¼ Recover, Step ½ Pivot x3, ¼ Side, Hold, Arms**

- &1-2 Turn ¼ left recover weight on to left, step right forward, pivot ½ left transferring weight onto left  
3-4 Step right forward, pivot ½ left transferring weight onto left  
5-6 Step right forward, pivot ½ left transferring weight onto left  
7-8 Turn ¼ left step right to right, hold

**Arms 7 Open arms to sides**

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