

Cest La Vie

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Count: 32

Wall: 4

Level: Improver

Choreographer: Regina Cheung (CAN) & Ping Chen (CN) - December 2024

Intro : 16 Counts

Sec. 1 Cross Hold, Side Rock Cross, 1/2 Turn Left, Cross Shuffle

1-2 Right cross over left, Hold (2)

3&4 Left rock on side, Recover on right, Left cross over right

5-6 Right back 1/4 left, Left turn 1/4 left step side

7&8 Right cross over left, Left step side, Right cross over left (6:00)

Sec.2 Side Rock & Side Rock, Right Back Sweep, Left Back Sweep, Right Coaster

1-2& Left rock on side, Recover on right, Step left next to right

3-4 Right rock on side, Recover on left

5-6 Right step back, Left sweep from front to back, Left step back, Right sweep from front to back

7&8 Step right back, Left step next to right, Step right forward (6:00)

Sec.3 1/4 Left Diamond Turn, Left Rocking Chair

1&2 Left cross over Right, Right step side, 1/8 turn Left & Left step back (10:30)

3&4 Right step back, turn 1/8 turn & Left step side, Right step forward (3:00)

5-6 Left rock forward, Recover on right

7-8 Left rock backward, Recover on right (3:00)

Sec.4 Left Forward Pivot 1/2 Right, Forward Shuffle, Kickball Step, Rock Forward

1-2 Left step forward Turn 1/2 right

3&4 Left step forward, Right lock behind, Left step forward

5&6 Right kick forward, Right step next to left, Left, Left step forward

7-8 Right rock forward, Recover on Left (9:00)

REPEAT

RESTART :

Wall 4, 16 Count - 15&16 change to back rock (7, 8) (9:00)

Wall 6, 16 Count - 15&16 change to back rock (7, 8) (12:00) + TAG

TAG (4 Count) - Rock right forward, Recover on left X 2

Ending : Wall 12, Count 31-32, Cross right over left unwind 1/2 left (12:00)

Contact :

Regina Cheung - reginacheung@rogers.com

Ping Chen - chenping660803@outlook.com