

Official WCDF competition dance description 2009

C'est La Vie

Henrik Grønvold

Type : 32 Count, 2 Wall Linedance
Level : Social
Music : "C'est La Vie" by B*witched (BPM 109)

ROCK, RECOVER, STEP, ROCK, RECOVER, ROCK, RECOVER, STEP, ROCK, RECOVER

1 RF rock forward
2 LF recover
& RF step next to LF
3 LF rock back
4 RF recover
5 LF rock forward
6 RF recover
& LF step next to RF
7 RF rock back
8 LF recover

HEEL, STEP, HEEL, STEP, HEEL, HOOK, HEEL, STEP, HEEL, STEP, HEEL, STEP, HEEL, HOOK, HEEL, STEP

9 RF touch heel forward
& RF step next to LF
10 LF touch heel forward
& LF step next to RF
11 RF touch heel forward
& RF hook heel in front of LF
12 RF touch heel forward
& RF step next to LF
13 LF touch heel forward
& LF step next to RF
14 RF touch heel forward
& RF step next to LF
15 LF touch heel forward
& LF hook heel in front of RF
16 LF touch heel forward
& LF step next to RF

WALK, WALK, OUT, OUT, HIP CIRCLE BOUNCES

17 RF walk forward
18 LF walk forward
19 RF step slightly to the right
20 LF step slightly to the left
21&22& circle hips counter clockwise
23&24 while bouncing heels
(weight ends on LF)

STEP, ½ TURN, ½ TURN, ½ TURN, DOROTHY X2

25 RF step forward
26 LF ½ turn left
27 RF ½ turn left step back
28 LF ½ turn left step forward (6:00)
29 RF step diagonally forward right
30 LF cross behind RF
& RF step diagonally right
31 LF step diagonally forward left
32 RF cross behind LF
& LF step diagonally left

Tag: After 6th wall (facing 12:00)

HEEL SWITCHES X4

1 RF touch heel forward
& RF step next to LF
2 LF touch heel forward
& LF step next to RF
3 RF touch heel forward
& RF step next to LF
4 LF touch heel forward
& LF step next to RF