



\*\*\*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**

- 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 hook heel in front of LF
- 4 RF touch heel forward
- & RF step next to LF
- 5 LF touch heel forward
- & LF step next to RF
- 6 RF touch heel forward
- & RF step next to LF
- 7 LF touch heel forward
- & LF hook heel in front of RF
- 8 LF touch heel forward
- & LF step next to RF

### **WALK, WALK, OUT, OUT, HIP CIRCLE BOUNCES**

- 1 RF walk forward
- 2 LF walk forward
- 3 RF step slightly to the right
- 4 LF step slightly to the left
- 5&6& circle hips counter clockwise
- 7&8 while bouncing heels
- (weight ends on LF)

### **STEP, ½ TURN, ½ TURN, ½ TURN, DOROTHY X2**



- 1 RF step forward
  - 2 LF ½ turn left
  - 3 RF ½ turn left step back
  - 4 LF ½ turn left step forward (6:00)
  - 5 RF step diagonally forward right
  - 6 LF cross behind RF  
& RF step diagonally right
  - 7 LF step diagonally forward left
  - 8 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

Restart