

# C'EST CI BON (It's So Good)

Music: Mireille Mathieu

[www.amazon.de/so fühlt man in Paris](http://www.amazon.de/so-fuehlt-man-in-Paris)

Time 2:48 Slow Down with -5%

Available from choreographer

Rhythm: Foxtrot Phase: IV+1 (Tipple Chasse)

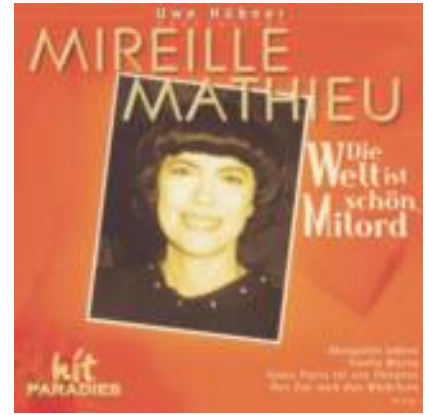
Footwork: Opposite except where (Noted)

Release Date: Sept 17

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Sequence: INTRO AB AB END



## INTRO

### 01-04 CP LOD LEAD FOOT FREE WAIT 2 MEASURES ; ; SIDE SWAY L & R ; DIP BACK & RECOVER ;

{Wait} CP LOD ld ft free wt 2 meas ; ; {Sd Sway L & R} Sd L incline body to L, tch R to L, sd R, incline body to R, tch L to R, -; {Dip Bk & Rec} [SS]Bk L w/ flexed knee, -, rec R to CP LOD, -;

### 05-08 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Turn ½} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; {Ok Diamond 4} [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg 1/4 LF trn to BJO DLW, bk R to CP LOD ; {Dip Bk & Rec} Repeat meas 4 Intro ;

## PART A

### 01-04 REVERSE WAVE ; ; CLOSED IMPETUS ; OUTSIDE CHECK ;

{Reverse Wave} Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; {Closed Impetus} Commg RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; {Outsd Ck} Bk R with checking action, -, sd L trng ¼ LF to DLC with left shoulder lead, fwd R in BJO DLC with checking action ;

### 05-08 3 BACK CROSS HOVERS BJO SCAR & BJO ; ; FEATHER FINISH ;

{3 Bk Cross Hovers} XLib (*W XRif*), -, sd & bk R rise, bk L to SCAR DLW ; XRib (*W XLif*), -,sd & bk L rise, bk R BJO DLC ; Repeat meas 5 Part A ; {Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

### 09-12 TURN LEFT & R CHASSE ; BACK TIPPLE CHASSE PIVOT & OVER SPIN TURN ; ; FEATHER FINISH to DLW ;

{Trn Left & R Chasse to BJO} [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; {Bk Tipple Chasse Pivot & Over Spin Turn} [SQ&Q;SQQ] Bk L comm RF trn, -, cont RF trn sd R/cl L, fwd R btwn W's ft pvtg ½ RF to CP LOD ; Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; {Feather Finish} Repeat meas 8 Part A to DLW ;

### 13-16 HOVER TELE ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Hover Tele} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP DLW ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

## PART B

### 01-04 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Turn / W Inside Turns} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, -, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn under lead hands fc RDC, -, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & DLC ;

**05-08 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; THRU VINE 4 :**

**{OP Reverse Turn}** Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; **{Bk Hover to SCP}** Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; **{Thru Vine 4 }** [QOOQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ;

**09-12 PROMENADE WEAVE ; ; THREE STEP ; OP NATURAL :**

**{Promenade Weave }** [SQQ:QOOQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Three Step}** Fwd L, -, sd & fwd R btwn W's ft, fwd L ; **{OP Natural}** Fwd R outsd W's feet trng RF, -, sd L twd Wall, bk R with right shoulder lead BJO (*W bk L, -, cls R heel turn, fwd L outside M to BJO*) to RDLC ;

**13-16 BACK BACK/LOCK BACK ; IMPETUS to ½ OP ; OP IN & OUT RUNS ; :**

**{Bk Bk/lk Bk}** [SQ&Q] Bk L, -, bk R/lk Lif, bk R ; **{Impetus to SCP to ½ OP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to ½ OP LOD ; **{OP in & Out Runs}** Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ;

**17-20 THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU CHASSE to SCP ; SLOW SIDE LOCK :**

**{Thru Sd Behind}** Thru R, -, sd L to fc prtn, XRib (*W XLib*) ; **{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{Thru Chasse to SCP}** [1,2&3] Thru R, sd to fc prtn L/cl R, fwd L to SCP LOD ; **{Slow Sd Lk}** Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ;

**21-24 TELEMARK to SCP ; THRU CHASSE to BJO ; OP NATURAL ; HESITATION CHANGE :**

**{Telemark to SCP}** Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; **{Thru Chasse to BJO}** 1,2&3] Thru R, sd to fc prt L/cl R, sd & fwd L (*W thru L trng LF, sd R/cl L, sd & bk R*) to BJO LOD ; **{OP Natural}** Repeat meas 12 Part B ; **{Hesitation Chng}** [S,S-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

**ENDING**

**01-05 TELEMARK to SCP ; CHAIR & SLIP ; SIDE SWAY L & R ; WAIT ; DIP BACK :**

**{Telemark to SCP}** Repeat meas 21 Part B ; **{Chair & Slip}** Repeat meas 16 Part A ; **{Sd Sway L & R}** Repeat meas 3 Intro ; **{Wait}** Wt 1 meas ; **{Dip Bk}** [Q] Bk L w/ flexed knee, -,