

C'EST CI BON

Music: Lynn Gamer - Ross Mitchell

Cd: 30 Top Cha cha's

<https://www.amazon.com/Cest-bon-Cha-30-BPM/dp/B08CMTZST>

Track # 19 Time 2:17 Available from choreographer

Rhythm: Cha Cha Phase: V+3U (Ronde cha cha box+Chase full turn+Shuffling Door)

Footwork: Opposite except where (Noted)

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Sequence: INTRO ABC A END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Full Basic} Fwd L, rec R, sd L/cl R, sd L ; Bk R, rec L, sd R/cl L, sd R to BFLY WALL ;

PART A

01-04 ALEMANA INTO LARIAT ; ; ;

{Alemana Into Lariat} Fwd L, rec R, sm sd L/cl R, sd L (W bk R, fwd L, sd R/cl L, sd R to M's lft sd) ; [raisg jnd Id hnds] XRib, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd & sd L/cl R, sd L) to end W slightly offset twd M's rt sd ; Sd L, rec R, cl L/ip R, ip L (W circ cw arnd M fwd R, fwd L, fwd R/lk Lib, fwd R) ; Sd R, rec L, cl R/ip L, ip R (W cont cw circ arnd M fwd L, fwd R, fwd L/lk Rib, fwd L trng RF to fc ptr) to BFLY WALL ;

05-08 NEW YORKER TWICE ; ; CHASE w/ UNDERARM PASS ; ;

{New Yorker x 2} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ; {Chase w/ Underarm Pass} Fwd L trng RF ½ keepg Id hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's L sd) ; Bk R raisg Id hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd Id hnds to fc ptr, sd L/cl R, sd L) to BFLY COH ;

09-12 REVERSE UNDERARM TURN ; CRAB WALKS ; ; FENCE LINE w/ ARMSWEEP ;

{Reverse Underarm Trn} Raisg jnd Id hnds XLif to LOD w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to BFLY COH ; {Crab Walks} Twd RLOD XRif (W XLif), sd L, XRif (W XLif)/ sd L, XRif (W XLif) ; Sd L, XRif (W XLif), sd L/cl R, sd L ; {Fence Line w/ Armsweep} XRif (W XLif) to RLOD w/ bent knee trl-arms circle CCW (W CW) ifo body, rec L, sd R/cl L, sd R to BFLY COH ;

13-16 SPOT TURN ; WHIP to WALL ; FENCE LINE w/ ARMSWEEP ; ONE SINGLE CUBAN BREAK & WAIT ;

{Spot Trn} XLif (W XRif) to LOD trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L to BFLY COH ; {Whip to Wall} Bk R trng LF & ldg W acrs, rec L contg LF trn (W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L) sd R/cl L, sd R to BFLY WALL ; {Fence Line w/ Armsweep} XLif (W XRif) to RLOD w/ bent knee Id arms circle CW (W CCW) ifo body, rec R, sd L/cl R, sd L ; {One Single Cuban Breaks} [QQQ] XRif (W XLif)/rec L, sd R, Wait, - ;

PART B

01-04 FULL BASIC/W TURN to TANDEM WALL ; ; OPPOSITE SHUFFLING DOOR TWICE/W TO FAN ; ;

{Full Basic/W Trn to Tandem Wall} [No Handhold] Fwd L, rec R, sd L/cl R, bk L ; Bk R, rec L, sd R/cl L, sd R (W fwd L trng ½ RF, fwd R, sd L/cl R, sd L) to Tandem Wall [W ifo & to lft sd of M] ; {Opp Shuffling Door x 2/W to FAN} XLib, rec R, sd L/cl R, sd L slidg beh W to OP WALL both fcg WALL (W XRib, rec L, sd R/cl L, sd R ifo M) ; XRib, rec L, sd R/cl L, sd R slidg beh W to WALL (W XLib, rec R, sd L/cl R, sd L ifo M trng ¼ RF) to FAN Pos [M fcg Wall/W fcg Rlod] ;

05-08 STOP & GO HOCKEY STICK ; ; HOCKEY STICK ; ;

{Stop & Go Hockey Stick} Fwd L, rec R, sd L/cl R, sd L lead W trn LF under Id hnds (W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under Id hnds fc LOD) ; Soften L knee X-lunge Rif to LOD rt hnd on W's back, rec L trng W RF under Id hnds, sd R/cl L, sd R (W sit lunge bk L, rec R trn RF under Id hnds, bk L/XRif, bk L to fan pos) ; {Hockey Stick} Fwd L, rec R, sip L/R, L (W cl R, fwd L, fwd R/L, R) ; Sm bk R raisg Id hnds rec L trng 1/8 RF, fwd R/L, R (W fwd L, fwd R trng sharply 5/8 LF undr jnd Id hnds, bk L/lk R, bk L) to LOP FCG DRW ;

PART C

01-04 VINE 2 FACE to FACE ; VINE 2 BACK to BACK ; KICK to 4 TWICE & rt Hndshk ; ;

{Vine 2 Fc to Fc} Sd L, XRib (*W XLib*), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK ; **{Vine 2 Bk to Bk}** Sd R, XLib (*W XRib*), sd R/cl L, trng 3/8 RF sd & fwd R to BLY WALL ; **{Kick to 4 x 2}** Kick thru L to RLOD, swvl LF on R ft bendg L leg w/ L heel on insd of R knee to OP LOD, fwd L/lk Rib, fwd L ; Kick thru R to LOD, swvl RF on L ft bendg R leg w/ R heel on insd of L knee to LOP RLOD, fwd L/lk Rib, fwd L to rt Hndshk WALL ;

05-08 TRADE PLACES TWICE ; ; OP BREAK ; UNDERARM TURN ;

{Trade Places x 2} [w/ rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc RLOD (*W trn LF*), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to rt Hndshk WALL ; **{OP Break}** [w/ rthndshk] Strong bk L (*W strong bk R*) xtndg lead hnd to sd, rec R, sd L/cl R, sd L ; **{Underarm Trn}** [w/ rt hndshk] Raisg jnd rt hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd rt hnds, rec R contg RF trn, sd L/cl R, sd L*) to rt Hndshk WALL ;

09-12 SHADOW BACK BREAK ; PARALLEL BREAKS to OP LOD ; ; SPOT TURN ;

{Shad Bk Break} [w/ rt hndshk] XLib (*W XRib*) trng both to LOD w/ W's lft arm xtnd bhd M's bk, fwd R, fwd L/lk Rib, fwd L to OP LOD ; **{Parallel Breaks}** [w/ rt hndshk] Rk bk R leadg W across in front, rec L, fwd R/lk Lib, fwd R to fc Line (*W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L*) to LOP LOD [similar to W whip action] ; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L (*W rk bk R allowing M to pass across in front, rec L to fc, fwd R/lk Lib, fwd R*) to OP LOD ; **{Spot Trn}** [relsg both hnds] Fwd L/(*W fwd R*) trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L to BFLY WALL ;

13-16 SHOULDER to SHOULDER TWICE ; ; FULL TURN CHASE M & W ; ;

{Shoulder to shldr x 2} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R to BFLY WALL ; **{Full Trn Chase M & W}** [Relsg both hnds] Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; Bk R, rec L, fwd R/lk Lib, fwd R (*W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L*) to BFLY WALL ;

ENDING

01-04 RONDE CHA CHA BOX TWICE ; ; ;

{Ronde Cha Cha Box x 2} Ronde L ifo R, sd R, w/ lft sd leadg bk L/lk Rif, bk L ; Ronde R ibo L, sd L, w/ rt sd leadg fwd R/lk Lib, fwd R ; Repeat meas 1,2 Ending ; ;

05-07 FENCE LINE w/ ARMSWEEP ; ONE SINGLE CUBAN BREAK ; AIDA to RLOD ; QUICK SWITCH CLOSE & SIDE LUNGE ;

{Fence Line w/ Armsweep} Repeat meas 15 Part A ; **{One Single Cuban Breaks}** Repeat meas 16 Part A ; **{Aida to Rlod}** Thru L to fc RLOD [xg lft-ovr-rt-hnd], sd R trng ½ LF to OP LOD, bk L/lk Rif, bk L to V bk-to-bk ; **{Quick Switch Close & Sd Lunge}** [QQQ] Trng RF to fc ptr bk & sd R, cl L, lunge sd R extendg both arms to sd ;