

C'EST SI BON

COMPOSER: WALT & ESTALEE LIGGIN, 1210 E. WOODSIDE DR, DUNCAN, OK 73533
PHONE: 405 255-7487
RECORD: C'EST SI BON - ROPER 278-A (FLIP MY FUNNY VALENTINE TOO)
RHYTHM: FOXTROT PHASE IV + 2 (DOUBLE REVERSE SPIN & NAT'L HOVER CROSS)
FOOTWORK: OPPOSITE, UNLESS OTHERWISE NOTED
SEQUENCE: INTRO - A A - B - C - A A - B - C MODIFIED - ENDING

INTRO

- 1 - 4 WAIT; WAIT; HOVER; THRU,-,FC,CL;
(1-2)CP/WALL Wait 2 measures;;(3)Fwd L,-,fwd & sd R rise to ball of ft,
rec fwd L SCP;(4)Thru R,-,sd L,cl R CP/Wall;

PART A

- 1 - 4 WHISK; THRU,-,SIDE,BEHIND; ROLL 3; CHASSE SCP;
(1)Fwd L,-,fwd & sd R rise to ball of ft, XLIB of R rise to ball of ft
ending SCP;(2)Thru R,-,sd L,XRIB;(3)Roll LF L,-,R,L;(4)Thru R,-,sd L/cl
R to L,fwd L SCP;
- 5 - 8 OPEN NATURAL TURN; IMPETUS SCP; PROMENADE WEAVE;;
(5)Fwd R trn RF,-,sd and bk L continue trn, bk R (W Fwd L,-,fwd R
between M's ft, fwd L);(6)Bk L,-,bring R beside L start RF heel trn chg
wt to R continue RF trn, fwd L(W Fwd R pivoting 1/2 RF,-,sd & fwd L
around M continue pivot,bk R brush L fwd R)SCP;(7)Fwd R,-,fwd L trn LF
to CP, sd & bk R BJO(W Fwd L,-,sd & bk R to CP continue trn on R LOD,
fwd L)DC;(8)Bk L DC,bk R trn body LF and trn W to CP,sd & fwd L,fwd R;

PART B

- 1 - 4 CHANGE OF DIRECTION; TELEMARK SCP; CHAIR & SLIP; BEGIN REVERSE WAVE;
(1)Fwd L DW,-,FWD R DW rt shoulder lead trn LF, draw L to R and brush;
(2)Fwd L trn LF,-,sd R continue trn,sd & fwd L(W Bk R trn LF,-,bring L
beside R no wt chg trn LF on R heel chg wt to L,sd & fwd R)SCP;(3)Lunge
thru R ck,-,rec L, small step bk on R toe(W Lunge thru L,-,rec R swivel
LF on R,fwd L outside M's R ft)CP;(4)Fwd L with LF body trn,-,sd R LOD,
bk L DW(W Bk R with LF body trn,-,cl L to R with heel trn, fwd R DW);
- 5 - 8 CONT. REVERSE WAVE; CLOSED IMPETUS; FEATHER FINISH; DOUBLE REVERSE SPIN;
(5)Bk R DW,-,bk L, bk R curving LF to CP/RLD;(6)Bk L trn RF,-,bring R
beside L with no wt chg RF heel trn chg wt on R trn RF,sd & bk L(W fwd
R between M's feet,-,sd and fwd L around M trn RF, brush R to L fwd R
between M's feet)CP/LOD;(7)Bk R trn LF,-,sd & fwd L, fwd R outside W
crossing rt leg in front L at thighs;(8)Fwd L trn LF,-,fwd and sd R
around W close to W's feet spin on ball of R,draw L toward R continue
LF spin on R bring L beside R with no wt(W Bk R trn 1/2 LF on R heel,-,
bring L beside R with no wt continue LF heel trn on R heel and change
wt to L, fwd and sd R around M trn LF/XLIF of R);

PART C

1 - 4 DRAG HESITATION; IMPETUS SCP; IN & OUT RUNS;;

(1)Fwd L trn LF,-,sd R continue LF trn RLOD,draw L toward R;(2)Repeat Meas 6 Part A;(3)Fwd R trn RF,-,sd and bk DW L CP,bk R(W Fwd L,-,fwd R between M's feet,fwd L);(4)Bk L trn RF,-,sd & fwd L between W's feet trn RF,fwd L(W Fwd R trn RF,fwd & sd L continue trn, fwd R)SCP;

5 - 8 NATURAL HOVER CROSS;; REVERSE TURN;;

(5)Fwd R DW trn RF,-,continue trn sd L DW with strong RF trn on L,sd R DW(W Bk L trn RF,-,fwd R continue trn, sd L)SCAR/DC;(6)Fwd L across R on toe with a rt sd stretch,rec R,sd & fwd L with lf sd lead,fwd R BJO;(7)Fwd L trn LF,-,sd R continue trn,bk L LOD/CP;(8)Bk R trn LF,-,sd and fwd L DW, fwd R;

9 -12 THREE STEP; HALF NATURAL TURN; IMPETUS SCP; CHAIR,-,RECOVER,-;

(9)Fwd L,-,fwd R,fwd L;(10)Fwd R trn RF,-,sd L DW,cl R to L;(W Bk L trn RF,-,sd R DW,cl L to R);(11)Repeat Meas 6 Part A;(12)Lunge thru R ck,-, rec L,-,SCP;

13-16 PROMENADE WEAVE;; HOVER; THRU,-,FC,CL;

(13-14)Repeat Meas 7 & 8 PART A;;(15)Repeat Meas 3 Intro;(16)Repeat Meas 4 Intro;

NOTE: SECOND TIME THRU PART C CHANGE MEAS 16 TO PICKKUP,-,SD,LK;

(16)Fwd R(W Fwd L stepping in front of M trn LF to CP),-,sd L,XRIB;

ENDING

1 - 4 DIAMOND TURN 3/4;;; BK,-,DIP,TWIST;

(1)Fwd L trn LF,-,trn sd R,bk L BJO;(2)Bk R trn LF,-,trn sd L, fwd R;(3)Fwd L trn LF,-,trn sd R, bk L;(4)Bk R,-,dip bk L,twist;

OPTION: MAY SUBSTITUE HINGE FOR MEASURE 4 OF ENDING

(4)Bk R trn LF to fc partner,-, sd and fwd L relax left knee and veering R knee to sway rt to look at W(W Fwd L trn LF,-,sd R swiveling LF, cross L in bk of R with no wt on R head to left with shoulders almost parallel to partner);