

C'est Si Bon

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Record: Roper Records 278-A (Flip: My Funny Valentine)
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm & Phase: Foxtrot Phase V+1 (Natural Twist Turn)
Sequence: **Intro A B C A B C End**

Released: July 2000
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3:05 @ 43 RPM

MEAS:

INTRO

1-4 LOP LOD L FT FREE BOTH WAIT 1 ; SD, CL, SD,-; X LUNGE,-, REC, PT / LADY ACROSS ; SD,-, DRAW, FWD TO SCP ;

1 LOP LOD M's L W's L ft free wait 1 ;
QOS 2 {**SIDE, CLOSE, SIDE**} [SAME FOOTWORK] Sd L, cl R, sd L,-;
SS (SQO) 3 {**X LUNGE,-, REC, PT / LADY ACROSS IN 2**} Lowering and strongly crossing thighs XRif DLC,-, rec L lead W to face M, pt sd R leading W to step fwd twd WALL (fwd R twd WALL to fc M) end CP DLW [OPP FOOTWORK] ;
SQO 4 {**SD,-, DRAW, FWD TO SCP**} Sd R DRW (sd L,-, draw L to R w/rise, sd & fwd L (sd & fwd R) end SCP DLC ;

PART A

1-4 PROM WEAVE ; ; 3-STEP ; NATL TELEMARK SCAR ;

SQO 1-2 {**PROMENADE WEAVE**} SCP DLC fwd R,-, fwd L trn LF to CP, sd & slightly bk R DLC (fwd L,-, sd & slightly bk R to CP, cont trng on R until fcg LOD fwd L DLC) to contra BJO ; bk L DLC in BJO, bk R trng LF to CP, sd & slightly fwd L, fwd R (fwd R to contra BJO, fwd L DLC trng LF to CP, sd & slightly bk R, bk L) to contra BJO DLW ;
SQO 3 {**3-STEP**} Fwd L heel to toe blending to CP,-, fwd R , fwd L ;
SQO 4 {**NATURAL TELEMARK SCAR**} Fwd R commence R trn (bk L commence R trn),-, sd L w/ L sd stretch (cl R heel trn w/R sd stretch), cont R trn sd & fwd R sm step (sd & bk L) end SCAR DLC ;

5-8 CL TELEMARK ; OP NATL ; OUTSD SWIVEL TWICE ; IMPETUS SCP ;

SQO 5 {**CLOSED TELEMARK**} SCAR DLC fwd L commencing LF trn (bk R w/ LF trn),-, fwd & sd R w/LF trn (cl L heel trn), fwd & sd L (bk & sd R) to contra BJO ;
SQO 6 {**OPEN NATURAL**} Commence RF upper body trn fwd R heel to toe (commence RF upper body trn bk L) ,-, sd L across LOD (cl R heel trn cont RF trn), bk R (fwd L outsd ptr) to contra BJO ;
SS 7 {**OUTSIDE SWIVEL TWICE**} Bk L w/RF upper body rotation (fwd R swivel RF on ball of R foot) end SCP,-, rec R (fwd L swivel LF on ball of L foot) end in contra BJO,- ;
SQO 8 {**IMPETUS SCP**} Bk L starting RF body trn,-, cl R to L heel trn, sd & fwd L DLC (fwd R pivoting RF,-, sd & fwd L cont trn brush R to L, fwd R) end SCP DLC ;

9-12 PROM WEAVE 3 ; BK TWIST VINE 4 ; OUTSD CHANGE SCP ; CHAIR & SLIP ;

SQO 9 {**PROM WEAVE 3**} SCP DLC fwd R,-, fwd L trn LF to CP, sd & slightly bk R DLC (fwd L,-, sd & slightly bk R to CP, cont trng on R until fcg LOD fwd L DLC) to contra BJO ;
QOQQ 10 {**BACK TWIST VINE 4**} Bk L trng RF to CP, sd R, fwd L outsd ptr contra SCAR, trng LF sd R to CP ;
SQO 11 {**OUTSIDE CHANGE SCP**} Bk L (fwd R outsd ptr in contra BJO) ,-, bk R trng LF (fwd L), sd & fwd L (sd & fwd R) to SCP DLW ;
SQO 12 {**CHAIR & SLIP**} Check thru R (L),-, rec L (R) w/no rise, w/ slight LF body trn slip R behind L and rise (swivel LF on R step fwd L outsd M) to end CP DLC ;

13-16 OP TELEMARK ; NATL HOVER FALLAWAY ; FALLAWAY IMPETUS SCP ; FEATHER ;

SQO 13 {**OPEN TELEMARK**} CP DLC fwd L commencing LF trn (bk R commence LF trn) ,-, fwd & sd R cont trn (cl L heel trn), sd & fwd L (sd & fwd R) to SCP DLW ;
SQO 14 {**NATURAL HOVER FALLAWAY**} Fwd R w/ RF trn (fwd L) ,-, fwd L (fwd R on toe between M's feet w/slow rise) trng R w/slow rise, rec bk R (L) in tight SCP RLOD ;
SQO 15 {**FALLAWAY IMPETUS SCP**} Bk L under body commencing RF body trn (bk R under body),-, cl R heel trn (sd L across ptr & LOD brush R to L), sd & fwd L (sd & fwd R) end SCP DLC ;
SQO 16 {**FEATHER**} Fwd R (thru L trng LF twd ptr) ,-, fwd L (sd & bk R to contra BJO), fwd R (bk L) end contra BJO DLC ;

PART B

1-4 DBL REV ; HOVER TELEMARK ; NATL TWIST TURN ; ;

SQO 1 {**DOUBLE REVERSE SPIN**} BJO DLC fwd L commencing LF body trn,-, sd & fwd R spinning LF, tch L (bk R commencing LF trn,-, cl L heel trn, sd & slightly bk R/XLif) to CP DLW ;
SQO 2 {**HOVER TELEMARK**} Fwd L (bk R) ,-, fwd R w/RF body trn and hovering action (bk L w/RF trn and hovering action, fwd L (fwd R) to SCP DLW ;

