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**113 bpm****36 counts intro (app 18 sec)****Section 1: Side, Behind, Chasse ¼ Right, Rock Forward, Triple Full Turn Left**

1-2 Step right to right side – cross left behind right  
3&4 Step right to side – 1/4 turn right stepping left beside right – step right forward (3:00)  
5-6 Rock forward on left – recover onto right  
7&8 1/2 turn left stepping left slightly forward – 1/4 turn left stepping right beside left –  
1/4 turn left crossing left over right

**Section 2: Side, Together, Cross Shuffle, Back, Side, Cross Shuffle**

1-2 Long step right to side – close left next to right, body diagonally left (3:00)  
3&4 Cross right over left – step left to side – cross right over left  
5-6 Step back on left – step right to side  
7&8 Cross left over right – step right to side – cross left over right (3:00) \*\*Restart 2\*\*

**Section 3: Right Chasse, ¼ Left Left Chasse, Grind, Side, Sailor Heel**

1&2 Step right to side – close left beside right – step right to side  
3&4 1/4 turn left stepping left to side – close right beside left – step left to side (12:00) \*\*Restart 1\*\*  
5-6 Cross right heel in front of left – grind right heel stepping left to side  
7&8 Cross ball of right behind left – step left to side – touch right heel diagonally right forward

**Section 4: Ball Cross, Side, Behind Side Cross, Back, Side, Cross, ¼ Right, ½ Right**

&1-2 Step ball of right next to left – cross left over right – step right to side  
3&4 Cross left behind right – step right to side – cross left over right  
5&6 Recover onto right back – step left to side – cross right over left  
7-8 1/4 turn right stepping back on left – 1/2 turn right stepping right forward (9:00)

**Section 5: Triple ½ Turn Right, Back Rock, Kick Ball Point, Left Sailor**

1&2 Triple 1/2 turn right stepping L, R, L (3:00)  
3-4 Rock back on right – recover onto left  
5&6 Kick right forward – step right beside left – point left to side  
7&8 Cross ball of left behind right – step right to side – step left to side

**Section 6: Sailor ¼ Right, Forward Rock, Back Lock Step, Back Rock**

1&2 Cross ball of right behind left – 1/4 turn right stepping left beside right –  
step right forward (6:00)  
3-4 Rock left forward – recover onto right  
5&6 Step back on left – lock right over left – step back on left  
7-8 Rock back on right – recover onto left

**Restart 1: 3rd wall (12:00), dance 20 counts then restart the dance from the beginning,  
face to 12:00****Restart 2: With step change : 7th wall (6:00), dance Sections 1 and 2 (16 counts) adding a  
¼ turn R on 2nd Section:**

5-6 1/4 turn right stepping back on left – step right to side  
7&8 Cross left over right – step right to side – cross left over right

**Then Restart from the beginning, face to 12:00****Croquez la vie à pleines danses!**