

C'EST MON HISTOIRE (THIS IS MY STORY)

Music: Renée Martel
www.amazon.fr/Cest-mon-histoire-Ren%C3%A9e-martel/dp/B07DFG9V74
Track # 1 Time 3:18 Slowed Down w/ -5% Available from choreographer

Rhythm: Slow Two Step Phase: V+1U (Sync Trav R Trn)

Footwork: Opposite except where (Noted)

Release Date: Sept 22 (Corrected 25/03/25)

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Sequence: INTRO AB BRIDGE A(1-16) B B B(1-3) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT ONE MEASURE ; PATTY CAKE TWICE & Manvrg ; ;

SYNCOPATED TRAVELING RIGHT TURN ;

{Patty Cake x 2 to Manvrg} [jng lf hnds] Sd L, -, trng ¼ RF rk bk R to LOP RLOD xtnd trl arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lf hnds] sd R, -, trng RF rk fwd L xtnd ld arm to sd, rec R trng ¼ LF*) to BFLY WALL ; [w/ jnd rt hnds] Sd R, -, trng ¼ LF rk bk L to OP LOD xtnd ld arm to sd, rec R trng ¼ RF to fc ptr (*W [jng rt hnds] sd L, -, trng ¼ LF rk fwd R xtnd trl arm to sd, rec L trng ¼ RF to fc ptr*) to Loose CP WALL to manvrg ; **{Sync Traveling Right Trn}** [QQQQ] Sd & bk L trn RF to RLOD Xg ifo W, XRib, twist trn RF 5/8 on both ft shifting weight to L to CP DLW, XRif cont RF trn (*W fwd R btwn M's ft, fwd L curvg RF around M, fwd R curvg RF to CP, XLif cont RF trn*) to CP WALL ;

PART A

01-04 UNDERARM TURN ; RONDE LARIAT ; OUTSIDE ROLL ; OPEN BREAK ;

{Underarm Turn} Sd L, -, bk R, rec L (*W sd R, -, fwd & across L trng RF under jnd ld hnds, fwd R cont RF trn to fc M*) to Loose CP WALL ; **{Ronde Lariat}** Relg trl hnds fwd & sd R btwn W's ft trng upper body RF to lead W to ronde CW, -, swiv LF on R under raised jnd ld hnds to OP LOD, hold (*W sd L, ronde R CW, -, XRib, sd & fwd L to fc LOD*) ; **{Outsd Roll}** Fwd L bringing jnd hnds down & bk, -, fwd R, fwd L bringing hnds up & around leadg W to roll RF trng to fc ptr (*W fwd R comm. RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R*) to COH ; **{OP Break}** w/ ld hnds jnd Sd R, -, apt L, rec R to rt sd of W & COH ;

05-08 CHANGE SIDES /W UNDERARM ; OP BASIC ; SWITCHES & Pickg Up ; ;

{Chng sides / W Underarm} [raisg ld hds] Fwd L twds W's rt sd trng RF & leadg W spiral LF, -, cont trn to fc WALL sd R, XLif (*W fwd R twd M's rt sd spiral LF under jnd ld hnds, -, cont trn to fc COH sd L, XRif*) to BFLY WALL ; **{OP Basic}** Sd R, -, XLib to ½ OP LOD, rec R ; **{Switches a Pickg Up}** Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (*W sd L Xg ifo M, fwd R to ½ OP, fwd L*) to ½ OP LOD & Pickg Up ;

09-12 TRAVELING CROSS CHASSE 4 TIMES ; ; END to BFLY WALL ;

{Trav Cross Chasse x 4 end to Bfly WALL} Trng sltly LF fwd L to DLC, -, w/ rt shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, cl R ; Repeat meas 9 Part A ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to BFLY WALL ;

13-17 PREPARATION to AIDA ; AIDA LINE & SWITCH & RECOVER ; FENCE LINE w/ ARMSWEEP TWICE [2^{de} TIME: Pickg Up] ; ;

RIFF TURNS to Pickg Up ;

{Prep to Aida} Fwd L trn to OP LOD, -, fwd R trng RF to fc ptr, cl L ; **{Aida Line Switch & Rec}** Bk R to bk to bk V pos raisg trl arms, -, trng LF to fc ptr bk & sd L, rock sd on R to BFLY WALL ; **{Fence Line w/ Armsweep x 2}** Sd L body rise, -, XRif bent knee trl arm circle CCW (*W CW*) ifo body, rec bk L ; Sd R body rise, -, XLif bent knee ld arm circle CW (*W CCW*) ifo body, rec bk R to Low Bfly WALL [2^{de} Time: Pickg Up] ; **{Riff Trns to Pickg Up}** [QQQQ] Sd L raisg jnd ld hnds to lead W spin RF, cl R, sd L keepg jnd ld hnds above W's head, cl R (*W sd & fwd R comm RF spin, cl L compg one full spin RF to fc ptr, sd & fwd R comm RF spin, cl L compg one full spin RF to fc ptr*) end in BFLY WALL & Pickg Up ;

PART B

01-04 TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} Fwd L stg LF upper bdy trn to ld W to M's lft sd raise ld hnds to start W into L trn, -, fwd R, fwd L (*W bk R ¼ F trn, -, cont trn sd & fwd L ½ LF trn under ld hnds, sd & fwd R cont LF trn to fc LOD*) ; Fwd R spiral LF under ld hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwd L*) ; Fwd L bring ld hnds down & bk in cont circular motion to ld W into RF trn, -, fwd & sd R to fc W, XLif (*W fwd R stg RF trn, -, sd L cont RF trn under ld hnds, fwd R to fc M*) to BFLY COH ; **{Basic Ending}** Sd R, -, XLib, rec R (*W sd L, -, XRib, rec L*) to Loose CP COH ;

05-08 STROLLING VINE w/ HESITATION & INSIDE ROLL ; ; STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ;

{**Strolling Vine w/ Hesitation & Insd Roll**} [SS&;SQQ] Sd L, -, XRib, swiv LF on R (*W XLif w/ LF trn like a pick up*), -; Trng LF sd & fwd L raisg jnd Id hnds to Id W's LF trn, -, contg LF trn sd R, XLif (*W sd & bk R trng LF, -, contg to trn undr Id hnds roll LF L, R*) to Loose CP WALL ; {**Strolling Vine w/ Hesitation & Outsd Roll**} [SS&;SQQ] Sd R, -, XLib, swiv RF on L (*W XRif startg RF trn*), -; Trng RF sd & fwd R raisg jnd Id hnds to Id W's RF trn, -, contg RF trn, sd L, XRif (*W sd & bk L trng RF, -, contg to trn under Id hnds roll RF R, L*) to BFLY COH & Pickg Up to RLOD ;

09-12 TO RLOD TRIPLE TRAVELER ; ; BASIC ENDING ;

{**To RLOD Triple Traveler**} Repeat meas 1,2,3 Part B to RLOD ; ; {**Basic Ending**} Repeat meas 4 Part B to WALL & Pickg Up ;

13-16 LEFT TURN/W INSIDE ROLL ; LUNGE BASIC R & L ; ; RIGHT TURN/W OUTSIDE ROLL [2,3 & 4th TIME: to Pickg Up] ;

{**Left Trn w/ Insd Roll**} Fwd L raisg Id hnds leadg W Xg ifo M and trng the W LF fc, -, sd R, XLif (*W fwd R Xg ifo M strtg a 1 ¼ LF trn under jnd Id hnds, -, fwd L cont LF trn, fwd & sd R compg LF trn*) to Low Bfly COH ; {**Lunge Basic R & L**} relsg both hnds Sd R raisg trl hnds to sd, -, rec L, XRif (*W XLif*) ; Sd L raisg Id hnds to sd, -, rec R, XLif (*W XRif*) to BFLY COH & Manvrg ; {**Right Trn w/ Outsd Roll**} Sd & bk L Xg ifo W, -, raisg jnd Id hnds to Id W's RF trn sd & bk R trng ¼ RF, XLif (*W fwd R com RF twrl undr Id hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr*) to BFLY WALL [2,3 & 4th Time: to Pickg Up] ;

BRIDGE

01-03 PATTY CAKE TWICE ; ; SYNCOPATED TRAVELING RIGHT TURN ;

{**Patty Cake x 2 to Manvrg**} Repeat meas 2,3 Intro ; ; {**Sync Traveling Right Trn**} Repeat meas 4 Intro ;

ENDING

01-03 HORSESHOE TURN ; ; to RLOD AIDA PREPARATION ; AIDA LINE & EXTEND FREE ARMS ;

{**Horseshoe Trn**} [Relsg trl hnds & xtnd to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (*W sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib*) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd Id hnds fwd R cont circ walk, fwd L complg circ walk (*W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd Id hnds, fwd R compl circ walk*) to BFLY WALL ; {**Aida Prep**} Sd R trng RF (*W LF*) to LOP RLOD, -, thru L trng LF (*W RF*) to fc ptr, sd R ; {**Aida Line & Xtnd Free Arms**} [S] Trng LF (*W RF*) Bk L to V BK-TO-BK LOD free hnds up & out, -, -, -;