

# Je Suis Malade

Choreographed by Sam Arvidson (SRDI) (USA)

Description: 108 counts, 1 wall, Rise & Fall - Waltz (Lyrical)

Level: Superstar/RisingStar

Music : 'Je Suis Malade' - Lara Fabian (Special Edit 99 BPM) - Non-Country

Sequence: A, B, 1st Part B (1-31), Outro

## **PART A 1-6 SPIRAL TURN, FORWARD WALK, SYNCOPATED FORWARD RUN**

&1 (1:30) Step forward LF, spiral R, step forward RF

2-3 Hold

4&56 Run forward LF,RF,LF, Drag RF to LF without weight, Hold & prep for turns

## **7-12: 2 SYNCOPATED PIVOT TURNS, ARABESQUE, CROSS IN FRONT & LOWER**

1&2& Fwd RF, 1/2 turn RT, back LF 1/2 turn RT, Fwd RF, Back LF 1/2 turn RT

3 Fwd RF into Arabesque with L leg

456 Cross LF in front of RF, lowering knees and squaring up to 12.00

## **13-18: UNTWIST, RONDE DE JAMBE EN L'AIR, PLATFORM SPIN, BOUNCE FALLAWAY**

123 Untwist R, ronde R leg making full turn, close feet continuing to turn twice

4&56 Fwd RF (3.00), side LF (12.00), Cross RF behind (1.30), back LF

## **19-24: PROGRESSIVE CHASSE, SPIRAL TO RT LUNGE, PIVOT TURN**

12&3 Back RF, side LF (12.00), close RF to LF, side & slightly fwd LF (10.30)

&4 Cross RF over LF making full turn spiral, end LF pointed to L side

5& (3.00) Step Fwd LF, 1/2 turn L, back RF 1/2 turn L

## **25-30: PIVOT TO SPLIT, SIT SPIN ON FLOOR, RECOVER TO STANDING**

6& Fwd LF, 1/2 turn L, back RF 1/2 turn L

12 Execute a Split of your choice with either leg forward

3456 Rotate 3/4 turn in either direction depending on split used and recover to standing

## **31-36: 1/2 NATURAL (BOX), SLOW BACK SWEEP (RONDE DE JAMBE A TERRE),**

123 (10.30) Step RF Fwd, side LF (12.00), close RF to LF

4 Step back LF softening knees and begin to sweep RF front to back 56

Hold & continue to sweep

## **37-42: SYNCOPATED WHISK, RUNNING NATURAL WITH FEATHER ENDING**

1&2&3 Step Back RF, back LF, side RF(3.00), cross LF behind RF (4.30)

4&56 Step Fwd RF, back LF turning R (7.30), side RF turning R (9.00), fwd LF turning R (1.30)

## **43-48: FORWARD CHASSE, RUN TO PREP FOR TURN IN PART B**

12&3 Step fwd RF, side LF. close RF to LF, step LF side & slightly fwd

&4 Run forward RF, then LF, prepping for turn

**PART B 1-6 SPIRAL, STEP PIROUETTE, SPIRAL, LOW TO HIGH (RELEVE) BACK ATTITUDE TURN**

56& Untwist RT full turn, step fwd RF full turn RT, step LF across RF full turn RT

1234 Step fwd RF execute low back attitude turn rise to releve continue turning in high back attitude turn (2.5 turns RT)

**7-12 BACK SIDE CROSS BEHIND, LOWER KNEES, UNTWIST TO HIGH CHECK LINE**

5&6 Back LF, side RF making 1/2 turn RT, cross LF behind RF, lower into knees

&123 untwist L full turn, step fwd LF to high check line (1.30)

**13-18 RONDE DE JAMBE EN L'AIR, 2X PLATFORM SPIN, FENCING LINE & RECOVER**

456 Untwist full turn RT, ronde R leg, close RF to LF continuing to turn RT two full turns

123 Cross LF over RF lunging into knees (1.30), recover to RF, side & slightly fwd LF

**19-24 SYNCOPATED WEAVE, PROGRESSIVE CHASSE**

4&56 Step fwd RF (10.30), side LF (12.00), cross RF behind LF, side LF (10.30)

12&3 step fwd RF, side LF, close RF to LF, step side & slightly fwd LF

**25-30 SPOT TURN, 2 RUNS TO LINE, SPIRAL, CHAINE TURN, BACK ATTITUDE LEAP**

&4&5& Step fwd RF make 1/2 turn L (1.30), fwd LF, fwd RF, fwd LF, rotate R, fwd RF

6123 close LF to RF making full turn, leap off LF land on RF making full turn, fall on LF to floor rotating full turn

**31-36 RECOVER TO STANDING, 4 PIROUETTES, RONDE DE JAMBE A TERRE**

456 stand up execute 1 pirouette R on 5,6

123 continue to turn 3 additional pirouettes ending with RF sweeping front to back on floor

**37-42 PROGRESSIVE CHASSE, FWD SWEEP FEATHER**

45&6 Back RF, side LF, close RF to LF, side & slightly fwd LF (10.30)

1&23 Step fwd RF, sweep LF back to front, fwd LF, side RF, fwd LF

**43-48 FALLAWAY SLIP PIVOT, PIVOT TURN**

4&56 Step fwd RF, side LF, back RF, back LF turning R

123 Step fwd RF make 1/2 turn R, back LF making 1/2 turn RF, fwd RF 1/2 turn (7.30)

**49-54 SYNCOPATED PIVOTS**

45&6 Step fwd RF make 1/2 turn R, back LF making 1/2 turn RF, fwd RF 1/2 turn, back LF making 1/2 turn

1&23 Step fwd RF make 1/2 turn R, back LF making 1/2 turn RF, fwd RF 1/2 turn, back LF making 1/2 turn

**55-60 CROSS IN FRONT PREP, 3 PIROUETTES**

456 Step fwd RF, fwd LF prepping for turn (1.30)

123 3 pirouettes R and hold for music to slow down

\* Step fwd L to begin B again. Second B goes up to count 31 (back attitude leap to floor & recover) and the rest to the end is your choreography!