

# 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

*Official UCWDC competition dance description*

*Date of usage May 17 2018 to March 2019*

## 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**  
56&  
1234  
**SPIRAL, STEP PIROUILLE, SPIRAL, LOW TO HIGH (RELEVÉ) BACK ATTITUDE TURN**  
Untwist RT full turn, step fwd RF full turn RT, step LF across RF full turn RT  
Step fwd RF execute low back attitude turn rise to relevé continue turning in high back attitude turn (2.5 turns RT)
- 7-12**  
5&6  
&123  
**BACK SIDE CROSS BEHIND, LOWER KNEES, UNTWIST TO HIGH CHECK LINE**  
Back LF, side RF making 1/2 turn RT, cross LF behind RF, lower into knees  
untwist L full turn, step fwd LF to high check line (1.30)
- 13-18**  
456  
123  
**RONDE DE JAMBE EN L'AIR, 2X PLATFORM SPIN, FENCING LINE & RECOVER**  
Untwist full turn RT, ronde R leg, close RF to LF continuing to turn RT two full turns  
Cross LF over RF lunging into knees (1.30), recover to RF, side & slightly fwd LF
- 19-24**  
4&56  
12&3  
**SYNCOATED WEAVE, PROGRESSIVE CHASSE**  
Step fwd RF (10.30), side LF (12.00), cross RF behind LF, side LF (10.30)  
step fwd RF, side LF, close RF to LF, step side & slightly fwd LF
- 25-30**  
&4&5&  
6123  
**SPOT TURN, 2 RUNS TO LINE, SPIRAL, CHAINE TURN, BACK ATTITUDE LEAP**  
Step fwd RF make 1/2 turn L (1.30), fwd LF, fwd RF, fwd LF, rotate R, fwd RF  
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**  
456  
123  
**RECOVER TO STANDING, 4 PIROUETTES, RONDE DE JAMBE A TERRE**  
stand up execute 1 pirouette R on 5,6  
continue to turn 3 additional pirouettes ending with RF sweeping front to back on floor
- 37-42**  
45&6  
1&23  
**PROGRESSIVE CHASSE, FWD SWEEP FEATHER**  
Back RF, side LF, close RF to LF, side & slightly fwd LF (10.30)  
Step fwd RF, sweep LF back to front, fwd LF, side RF, fwd LF
- 43-48**  
4&56  
123  
**FALLAWAY SLIP PIVOT, PIVOT TURN**  
Step fwd RF, side LF, back RF, back LF turning R  
Step fwd RF make 1/2 turn R, back LF making 1/2 turn RF, fwd RF 1/2 turn (7.30)
- 49-54**  
45&6  
1&23  
**SYNCOATED PIVOTS**  
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  
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**  
456  
123  
**CROSS IN FRONT PREP, 3 PIROUETTES**  
Step fwd RF, fwd LF prepping for turn (1.30)  
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!

